

The Shakerite

October 26, 1999 • Volume 70 • Issue 2 • Shaker Heights High School • 15911 Aldersyde Drive • Shaker Heights, Ohio 44120

Late night RESTAURANTS

"I go there at 2 or 3 in the morning to get my grub on," junior Andy Molloy said, "they make a mean Gyro." **FEATURE, page 10**



Candy for costumes

• Austin Powers leads list of Halloween picks

By Meredith Edwards
Staff reporter

As Halloween draws near, the search for creative costumes heats up.

According to the assistant manager of USA Costumes, a store in the Cleveland area, best sellers this season are "Austin Powers, Dr. Evil, British girls and of course your usual — hippies, witches and devils."

Sean Waganeak, an employee at John's Fun House, agrees.

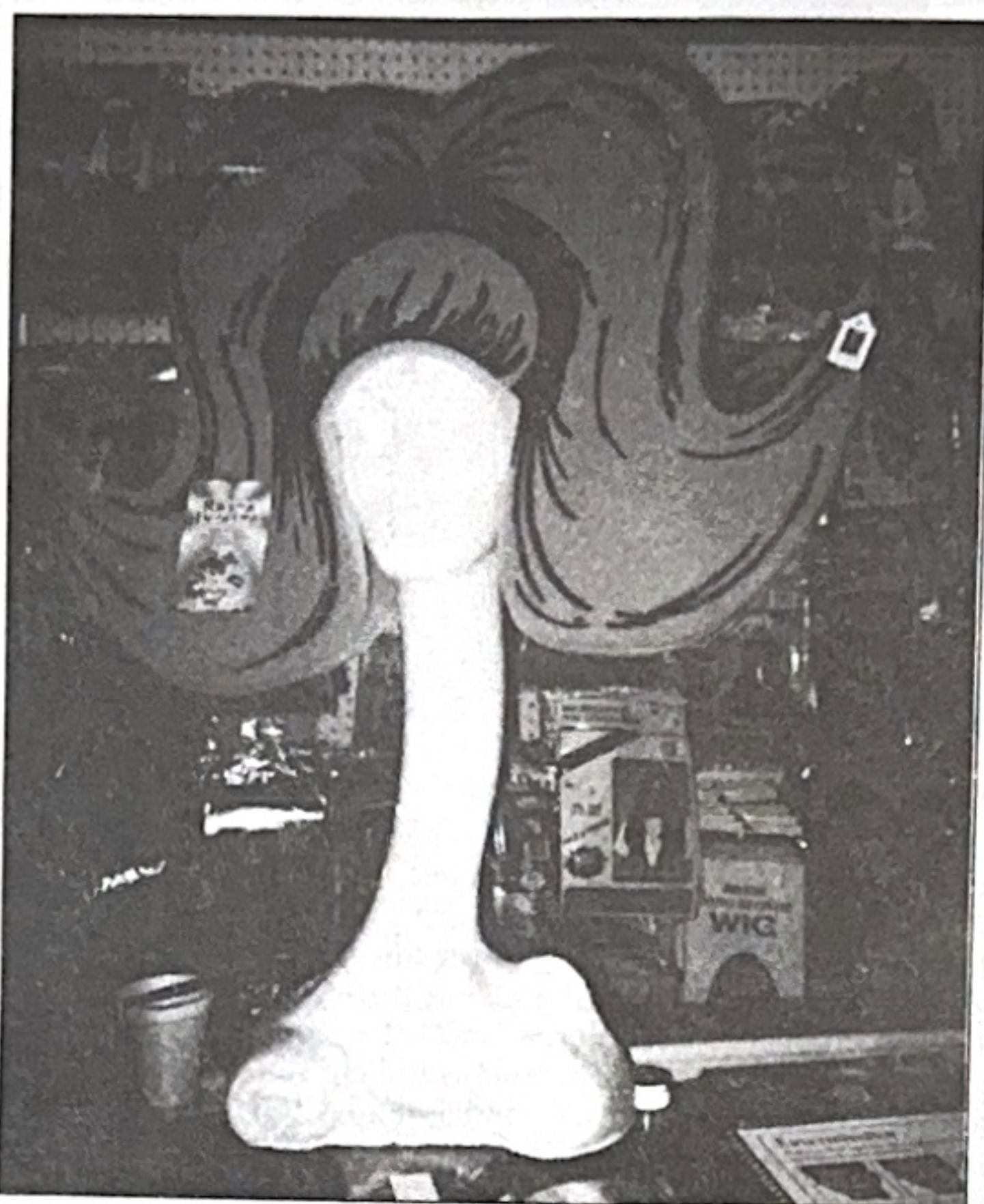
"Austin Powers is big again," he said. "All of the characters are very hip."

Some Shaker students are tuned into the trend.

"I'm going to be either Heather Graham or a Fem Bot," from the Austin Powers films senior Lindsay Zellmer said.

This year Halloween falls on a Sunday, so students can come to school decked out in their costumes Friday, Oct. 29. Student Council organizes the dress up day and will distribute candy to ghosts, goblins and any other decorated folks. Administrators ask that students not wear masks and that they follow the dress code when scheming their look.

Sophomore Stephen Midgett will not be wearing a costume this year. "The school already took two of my masks and my vampire teeth," Midgett said.



John's Fun House in Euclid is a source for Halloween costumes this year, sporting a mind-boggling array of wigs, masks and outfits.

WHERE TO FIND A COSTUME

Costume stores

- SPENCER'S GIFTS, in Parmatown Mall & South Park Mall
- CHELSEA'S COSTUMES in Lakewood. Looks from specific eras

Thrift shops

- UNIQUE (1/2 off Mondays)
- THE SALVATION ARMY. Both on Northfield Rd.
- VALUE WORLD, on Euclid Ave. (1/2 off Sundays)

Discount Stores

- GABRIEL BROTHERS, on Euclid Avenue
- TJ Maxx, on Chagrin Blvd.

Government hours spark political efforts

By Carmel Pryor
Staff reporter

The school bell finally rings. Classroom doors fling open and streams of boisterous students crowd the hallways. While thinking through the exciting events planned for the upcoming weekend, a senior suddenly exclaims, "Man, I've got to do my government hours!"

All twelfth grade students, in order to pass the required American Government course successfully, must complete 10 hours of volunteering. Currently, students can volunteer their time with any of the candidates for the election on Tuesday, Nov. 2. Candidates are running for mayor, five spots on City Council, two spots on the Board of Education and mu-

nicipal court judge.

"The students get hands-on experience with the political process. The textbooks are very dry, and this program seems more real," American Government

"Students can learn a tremendous amount of how politicians think and how to organize groups."

CAMERON BUCKLAND
government teacher

teacher Rhona Pessel said.

Many politicians find this program to be beneficial, but opportunities for students to gain from the experience and accomplish the

SEE VOTE, PAGE 3

Go ahead and Do the Dew! Rumors about soft drink unfounded

By Allison Pollock
Co-editor in chief

Evelyn Wisham has seen some strange things in her 20 years as a high school nurse.

But when two students came to her recently to ask about the birth control potential of a popular soft drink, she knew she'd heard it all.

These students were referring to a rumor about Mountain Dew that was proven false in an Oct. 14 article in the *Wall Street Journal*.

The article said that rumors have been flying about the effects of drinking Mountain Dew, includ-

FOODS WITH YELLOW 5

Chips

- TOSTITOS, DORITOS

Cereal

- LUCKY CHARMS, FRUIT LOOPS

Candy

- M+Ms, JELLY BEANS, SOUR PATCH KIDS

ing lowering sperm count, shrinking testicles and preventing a man from impregnating a woman. According to the article, the rumor has spread from Oregon to Virginia to even Europe, primarily by word of mouth.

This was the first time

Wisham ever heard such a rumor. She said she likes to clear up any fictional tales that students hear, because such stories can be detrimental if believed.

Wisham called Pepsi-Cola Company, the producers of Mountain Dew, for more in-depth information.

"Rumors get you in trouble," Wisham said, explaining why she contacted the company.

Pepsi-Cola wrote a letter confirming the invalidity of the rumor.

Pepsi-Cola Company works "hard to insure the quality, great taste and wholesomeness" of their products. This "whole-

someness" is reinforced by the fact that Mountain Dew's ingredients are approved by the Food and Drug Administration for use in food and soft drinks, according to Christine Jones, group manager of consumer relations for Pepsi-Cola.

The ingredient in question is Yellow 5, a chemical in many foods and drinks other than Mountain Dew. Jones said most foods that are artificially colored yellow contain Yellow 5.

"Mountain Dew has the same ingredients thousands of other products have," Jones said in a telephone interview. In her let-



Junior Tristan Cullis drinks Mountain Dew, which has falsely been rumored to lower a man's sperm count.

ter she stated that consumers "can be sure that none of these ingredients have anything to do with birth control or reproductive outcomes."

The reproductive sys-

tem is not related to the digestive system, health teacher Christine Russo pointed out. She said she's heard of fabled methods of

SEE DEW, PAGE 2

FREEZE FOR A BAND PICTURE!

"The Pride of Shaker Heights" prepares in the cold for another football game. The tunes of the marching band can be heard resounding across Shaker early in the morning as director Tom Deep whips the large group into shape for weekend games. Band students endure the harsh weather until football season ends, when they move on to concert bands.



Robbie Marks/The Shakerite

Four sports not just for men

By Allison Pollock
Co-editor in chief

Picture that plaid pleated Field Hockey kilt, on a testosterone filled, deep voiced field hockey player; a male.

Contrary to what many students imagine, men are not allowed to try out for any women's sports at Shaker. However, women can try out for four men's sports.

Several students disagree with this policy.

"Guys should also be able to try out for women's sports that have no equivalents, like field hockey for example," junior Anne Root said. "As long as



Freshman Ann Elliot defends the goal. She will try out for hockey this November.

SEE TITLE IX, PAGE 2

Harvard study of peer culture hints at achievement issues

• Law professor's survey points to students beliefs about popularity

By Karen Jenks
News co-editor

On Oct. 5, Dr. Ron Ferguson, who is conducting research on school culture, met with teachers and MAC Scholars to discuss achievement gap solutions.

In June 1998, Ferguson distributed the Cornell Assessment of Secondary Student Culture to seventh and eleventh graders.

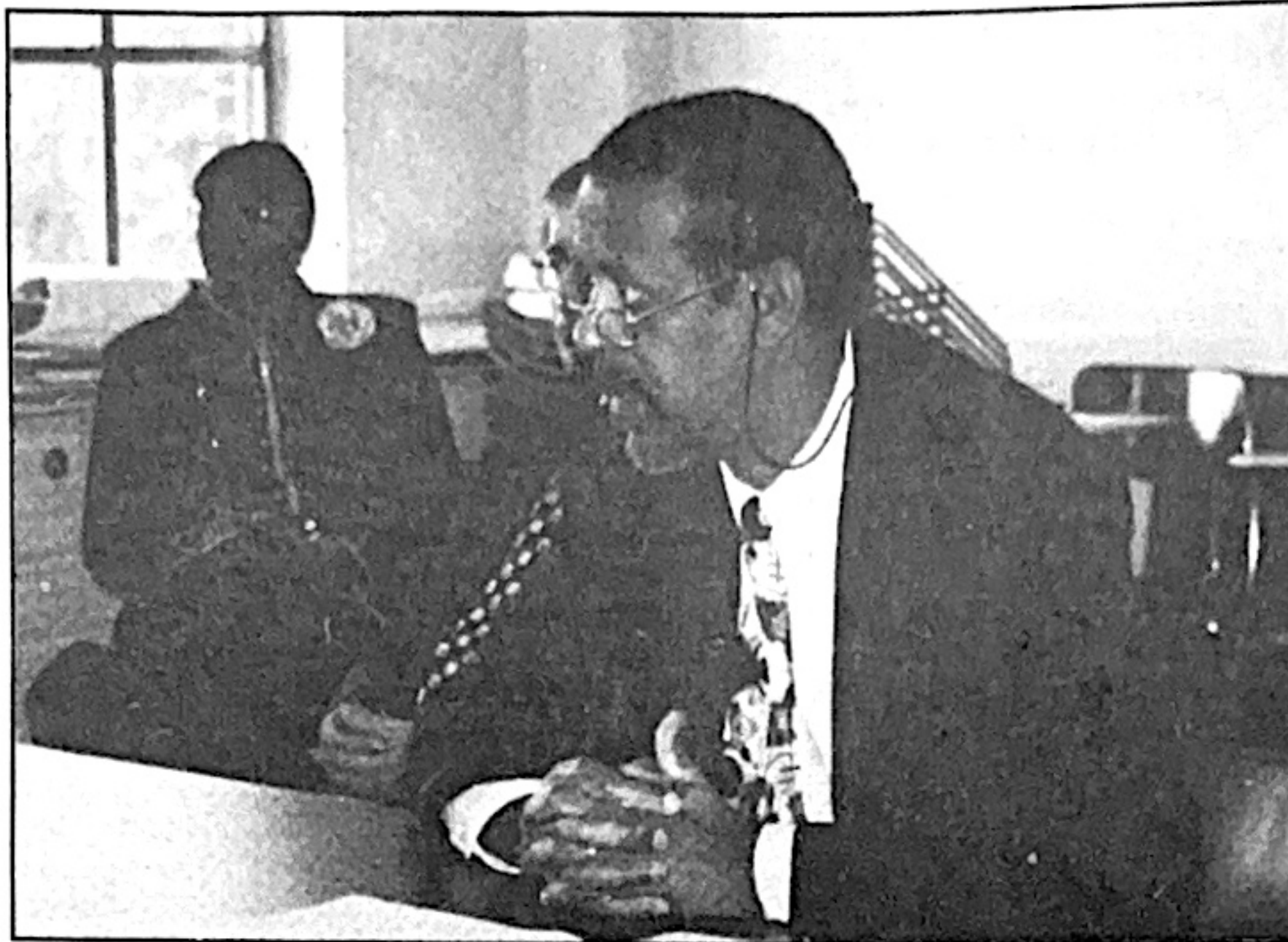
"What we want to discover," said Ferguson, a professor at the Kennedy School of Government at Harvard University, "is why the [regressive] trend over time."

The survey concerned peer culture and study habits.

One question surveyed which traits teens found most important. 62 percent of black males responded with "tough", while 70 percent of white males answered "self-confident and outgoing".

According to Ferguson, there are two motives for succeeding; intrinsic and extrinsic. Intrinsic is a love of learning, and extrinsic is stimuli such as passing tests.

Several solutions were



Dr. Ron Ferguson patiently listens to questioning students. Ferguson is a professor of law at the Kennedy School of Government at Harvard University and has studied Shaker's student culture.

suggested for the issue.

"We should have the kids write up essays about conversations you have at home when report cards come," said senior David Gilbert, a MAC Scholar.

"We could encourage self-confidence in the middle school by role playing," senior Audie Simon said.

"It's hard to make it

appealing to young black males," MAC Scholar and senior John Martin said. "Priorities now could be 'I want to be cool.'"

The prominent factor in being cool, according to Martin, is "getting girls, playing sports."

Ferguson and Martin agreed that the influence of the opposite gender is significant. To gain re-

spect, students will develop materialistic traits.

"The girls ain't [sic] looking at your grades," Ferguson said.

The goal is to help students understand the value of an education.

"People are just scraping the surface as opposed to actually getting somewhere," senior Josh Lavin said.

Student chosen to discuss teen violence

Shaker senior Dan George recently attended a conference in Washington regarding teen violence. George, who is also the teen editor of NEXT, *The Plain Dealer's* teen section, was invited by Ohio's state representatives after he wrote an article on teen violence which

news BRIEFS

was published in *The Plain Dealer* last May. George and 350 other students from across the nation spent two days at the conference which was entitled "Voice against Violence," in which they participated in discussion groups, workshops. The students also participated in an actual Congress session in which they contributed to a bill passed that allocated funds to solve teen violence. "It was an amazing experience," said George, "Some kids got mad because they felt that they weren't heard enough, but others felt they were part of a revolution."

Meghan Dubyak

PTO to hold dance in memory of Rumbaugh

On November 12, the high school PTO will host a Motown Dance in memory of Dr. A. Jack Rumbaugh. The PTO decided to host the dance this year in order to finance scholarships which it awards to seniors each May. In previous years, the money was raised by calendar sales, but when the PTO decided to distribute the calendars free of charge, a new fundraiser was needed. "The idea came from Jack. He was part of it from its inception," said the dance's co-planner Gloria Keenan. Keenan, along with Cheryl Scott, have planned an evening of motown music, food and dancing with generous community donations. "The event has raised a lot of community spirit," said Keenan. "The band is playing for free and the food is being donated by local businesses."

Meghan Dubyak

WHEW sponsors Breast Cancer Awareness assembly

On Oct. 19, WHEW sponsored a Breast Cancer Awareness assembly in the Small Auditorium. October is National Breast Cancer Awareness Month, and is dedicated to an increased awareness of the importance of early detection of breast cancer. "Those who attended were definitely affected," said C.J. Bott, and English teacher and an organizer of the event. "I wanted to spread the word as much as possible. We hope that the girls went home and shared the information with their moms." In 1999, there were 8,400 cases of breast cancer in Ohio, 2,100 of them resulting in death. The risk of getting breast cancer increases with age, and is more likely if there is history of cancer in the family. If a woman has her first child after age 30 or never has children, she is also at a greater risk.

Karen Jenks

Pepsi officials and nurse dispell Mountain Dew debilitation rumors

DEW FROM PAGE 1

birth control involving soft drinks before, but these all related directly to contact with the reproductive system.

"It just sounds so absurd to me," Russo said, explaining that if Mountain Dew is ingested, the reproductive system is not affected in any way, other than the natural flow of the bloodstream.

Like the myth that Mikey from the Life cereal

box died by eating Pop Rocks and drinking a carbonated drink at the same time, the Mountain Dew rumors have grown into an urban legend.

Enough students around the nation have been exposed to this rumor to validate an article in the *The Journal*. Some students still believe it.

"It's true," sophomore Andrew Kober said.

Other students don't believe the rumor at all.

"I don't think it makes any sense - it's not clinically proven," junior Kim-

berly Wagner said.

Like this one, all rumors, usually false, are started by students for no real reason whatsoever, according to Wisham. Students make something up just for fun, she said, whether they really believe it or not.

"Kids make up all kinds of weird things," she said, "just to have a good laugh."

Made up or not, rumors scatter quickly and dangerously. Many students

have reported hearing this story for several years prior to *The Journal* article.

"I heard Mountain Dew tends to shrink your wiener, so I avoid it," senior Rashaun Ewing said.

Even though the Mountain Dew rumor has been publicly denied, Jones worries that the attention may spread the rumor further.

"I want to make it very, very clear that our products do not do anything like that," Jones said.

TITLE IX FROM PAGE 1

they play by the rules, there shouldn't be a difference."

However, sophomore Kelly Murphy feels the policy is needed.

"If women's sports had men on the team, the men would dominate," Murphy said, "that's why they developed men's and women's sports, to keep the competition fair."

The policy is based off Title IX, which states that "No person in the U.S. shall, on the basis of sex be excluded from participation in, or denied the benefits of, or be subjected to discrimination under any educational program or activity receiving federal aid."

If a student tries out for a team comprised of the opposite sex, the coach goes to Athletic Director Susan Brown to check

what the male to female sport ratio was at the high school.

If there are more men's sports than women's sports, women can try out for men's sports that don't have a corresponding women's team.

Currently at the high school, there are 12 men's teams and 10 women's teams which fall under Title IX regulations, Brown said.

This ratio means that women are not fairly repre-

sented, so they are given other chances to get involved in sports.

As a result, women may participate in ice hockey, wrestling, golf and football.

Brown said men would be allowed to try out for women's sports if the ratio were the inverse, but students disagree.

"Men are a lot bigger than most girls and it would be unfair," Murphy said.

Tryouts for ice hockey

begin on Nov. 5.

According to Brown there are already two women planning to tryout; sophomore Abra Kinkopf and freshman Ann Elliot.

Elliot, already a goalie for the field hockey team, will try out for goalie of the ice hockey team and is not intimidated by male athletes.

"If a women likes a sport a lot, she should go after it and not let anything stand in her way," she said.

Shaker Heights Teachers' Association



Professionals Dedicated To Educating Shaker's Youth

SAT

Courses

Courses are starting SOON!

SAT courses are starting soon in Beachwood!

Call today for all SAT Course schedules!

For more details call or visit us at
1-800-2 REVIEW www.review.com

THE PRINCETON REVIEW

The Princeton Review is not affiliated with Princeton University or ETS. SAT and ACT are registered trademarks of the College Entrance Examination Board.

Election '99: Two contending for office of mayor, 12 up for city council positions

Mayor Mearns reflects on her career in Shaker and plans for the future

By Leah Kaufman and Meryl Kramer
Staff reporters

Q: Who are you planning to endorse for city council?

A: I am endorsing Brian Gleisser for a two-year term, Jan Deveraux, Earl Leiken, Dick Crews, and Theresa Abraham-Whalley for four-year terms.

Q: Who are you endorsing for mayor and why?

A: I am endorsing Mrs. Rawson because she has excellent experience. Having been on City Council for eight years, she knows the issues that are pertinent. I have faith that she will carry out the projects that I have started.

Q: What is being done to improve the parking on the oval?

A: When the gym is finished, a group will convene, led by an oval resident to discuss options.

Q: What plans do you have for the future of Shaker?

A: Plans are underway for a new fire station. We have a really exciting plan for it in the parking lot behind City Hall, to be designed by Robert A. M. Stern, an archi-

tect from Yale. He's very excited too. I'd like to see that come to fruition.

Q: How has Shaker prepared for the Y2K problem?

A: The city will be Y2K compliant. We want to have in place an emergency plan. We started planning for this a year and a half ago. We are setting up a command center for that night, and we are putting extra man-power on duty that night. All Shaker schools are shelters, and the police will be monitoring traffic from other cities. We're like the Boy Scouts--"be prepared".

Q: What do you plan to do after your term is up?

A: I am going to be the co-chair on the board of the Shaker Heights Family Center. That's a facility that is important in bringing young families to Shaker. I want to get involved with the Shaker Square renovations. I'm also going to travel with my husband. Our first trip will be to Budapest, where my husband will teach for three weeks at an international law program. I'll be getting to know the 27 of my grandchildren who live out-of-state. I think that'll keep me busy for a while.



Robbie Mark/The Shakerite

Mayor Mearns, who has served as Shaker Heights mayor since 1992, is finishing out her last term as mayor. She plans to travel, spend time with her grandchildren, and work on Shaker organizations.

Rawson and Vovak for mayor

Name: Judith Rawson

Experience: Vice-mayor, council member, chair of building and housing inspection, finance and administrative services, safety, law and pro-integrative services

Issues: Monitor budget, public service, commercial redevelopment, neighborhood reinvestment.



Rawson



Vovak

Name: Daniel Vovak

Experience: Shaker Rotary Club board member, former operations manager at North American Van Lines, Citizens League of Greater Cleveland

Issues: Control tax systems, enhance city services, develop and support local businesses

Absentee ballots available as voting option

By Beth Dolinsky
Copy editor

Each year, as seniors turn 18, they have the opportunity to vote for the first time, but as they go on to college, they often neglect their voting opportunities. College students can vote by absentee ballot in their local elections.

Absentee voters can pick up applications for an absentee ballot at any local library or can request an application from the Cuyahoga County Board of Elections.

election, the absentee ballot is then sent to the applicant. The completed ballot must be sent back and received by the Board of Elections.

Many students do not take advantage of this option. "I forgot to arrange [the ballot] this year early enough to make the deadlines,"

said Jakob Rinderknecht, '98.

The application must be submitted before each election and asks only for a current name and address and why an absentee ballot is necessary.

"I'm in the process right now, and it's not so bad," '99 grad Amy Libman said.

12 to run for city council positions

There are nine candidates running for a full term of four years to the council and six running for unexpired terms of two years. The full term candidates are Theresa Abraham-Whalley, Jan Deveraux, Deborah Levine Herman, Charles Franklin Marcus,

Dick Crews, Stephanie Turner, Carl Harris and Earl M. Leiken. Four of these candidates will be elected. The unexpired term candidates are Diana B. H. Merritt, Raymond Alex Jones and Brian Gleisser. Two of these candidates will be elected.



Theresa Abraham-Whalley

Experience: SH Safety Committee, Citizen Police Force, Juvenile Diversion Program
Issues: housing stock, economic viability



Dick Crews

Experience: Early Childhood Enrichment Center, Shaker Family Center, Lomond PTO
Issues: schools, housing, school



Jan Deveraux

Experience: City Council 8 years, Vice-Mayor 2 years, other various boards
Issues: retail and housing rebirth, city services



Robert A. Falkner

Experience: Board of Shaker Youth and Family Counseling, Board of Public Works
Issues: Preserve housing, retail tax base, youth programs



Brian S. Gleisser

Experience: City planner, City Council since April, 99
Issues: Housing, improve shopping areas and services and city-school relations



Carl L. Harris

Experience: not provided by candidate
Issues: maintenance, replacement, improvement of housing



Deborah Levine Herman

Experience: Wellness Council, Mercer Community Association President
Issues: complacency, schools, health, taxes



Earl M. Leiken

Experience: past Board of Education president, Family Ctr president, Planning commission
Issues: interdependence of institutions and community



Stephanie Turner

Experience: City council for 4 years, banker 21 years
Issues: Youth initiatives, improve housing stock, economic developments

Diana B. H. Merritt

Experience: landlord tenant negotiations, residential and commercial property management, Working through Empowerment through Community Organizing (board member)

Issues: Residential areas, keep residential standards consistent, well balanced merchants, improve retail, especially on Chagrin Blvd
Photograph not available.

Charles F. Marcus

Experience: president of Avalon Road association, chairman of Lomond Association/ Shaker Heights police block watch

Issues: community partnerships, neighborhood revitalization, attractive teen center, housing standards lifted, education, Shaker Towne Center needs indoor shopping and parking facilities
Photograph not available.

Raymond Alex Jones

Experience: not provided by candidate

Issues: economic growth and development, use available housing space, public safety, re-evaluate residential and commercial spaces, increase public safety, increase public education opportunities, attract young professionals and high-tech software design companies
Photograph not available.

VOTE FROM PAGE 1

required hours change during non-election years. However, seniors can still find other creative ways to serve the community in years when there are no elections.

"The benefit that students get from doing the hours depends on the depth in which they decide to participate," said American Government teacher Cameron Buckland. "Students learn a tremendous amount of how politicians think and how to organize groups."

Buckland also mentioned that while many students believe second semester government will be easier due to the absence of a term paper and a final, the service hours are more difficult to complete. Few candidates in the May elections solicit student help.

Senior Kirsten Lund, with the goal of completing 10 hours on her mind, walked door to door around Shaker for nearly two hours with Dan Vovak, who is

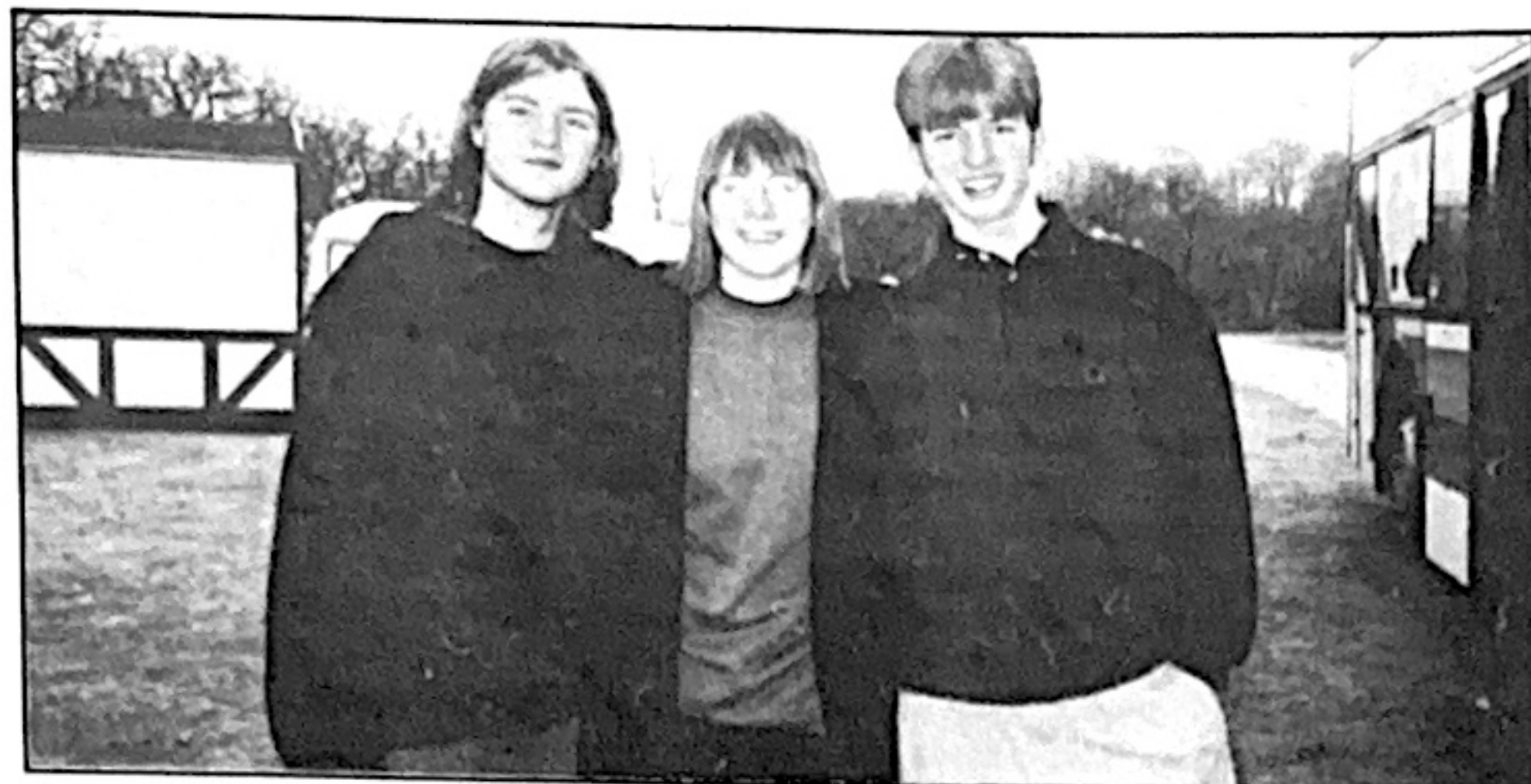
running for mayor.

"I learned how people react to him differently. They either didn't like him and hated *Movers and Shakers* or were going to vote [for] him simply because he was a man," she said. "Then there was a lady working in City Council who felt there needed to be a change."

This program also gives seniors a chance to fulfill college requirements for community service.



Sayaka Fujiki/The Shakerite



Taina Conrad squeezes between Jakob and Luke Rinderknecht in her hometown of Goslar, Germany, in spring of 1998. Taina is participating in the Shaker-Goslar exchange this semester.

German exchange program flourishes

By Meryl Kramer
Exchange editor

If Taina Conrad seems a little weary by the end of the school day, you'll have to give her a break.

Conrad, one of 24 participants in the Shaker-Goslar exchange, says she loves the open-minded, friendly students she has met here. However, she's a little homesick, as Shaker's school day is about 90 minutes longer than Ratsgymnasium's. Conrad's school is smaller than Shaker, but it accommodates 550 students in grades 7-13.

The differences are no deterrent, however. The Goslar exchange program is in its twenty-first year of bringing students from

Goslar to Shaker to experience a piece of American life. Twenty students are here for three and a half weeks, three students will stay for the semester, and one for the full school year. Two Goslar teachers accompany the students for the three-week program.

All of the exchange students stay with host families. (Shaker students visit Goslar every summer.) The housing arrangements cut trip costs a great deal. The two teachers stay with German teacher Mary Ashcraft, who along with social studies teacher Todd Torrence coordinate the exchange.

The short term group

visits Shaker high three or four days and spends the rest of the time touring.

Ashcraft noted the benefits of the exchange.

"It's gratifying to me, to see so many lasting friendships that have been formed over the years," Ashcraft said.

Senior Dan Moody can vouch for Ashcraft's opinion. Moody visited Goslar in 1998 with the marching band. He said he left a towel in his hosts' home. When Goslar students arrived, Justin Schmidt brought him a surprise.

"I was glad to see him," Moody said. "I was surprised he remembered my towel."

SGORR shines on Court TV

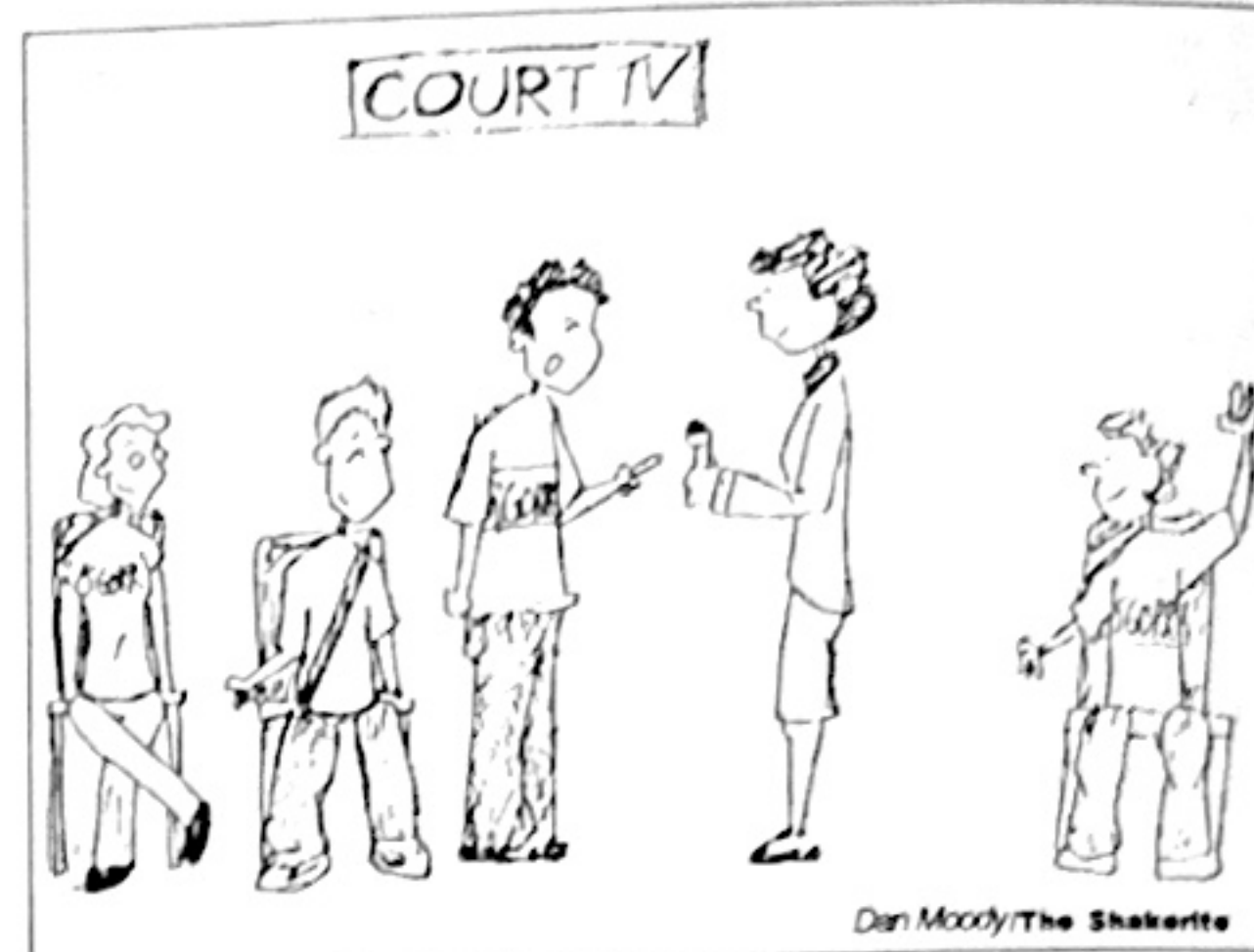
By Rachel Hutt
Copy editor

On Sept. 30, 17 members of SGORR traveled to John F. Kennedy High School to participate in a filming of Court TV's "Your Turn."

"Your Turn" gives students the chance to discuss pertinent issues with community leaders.

Shaker and Cleveland students discussed respect, self-image, cultural diversity, school environment and relationships. Board of Education President Marvin A. McMickle and Mayor Patricia Mearns were also present.

"It was a great opportunity to hear what [students from] other schools had to say," junior Amy Lazarus said. "It was neat



to see how we all supported each other."

"It was great because we got to see other schools and [realize] that they're going through the same things as we are," sophomore Lydia Watts said.

While there were some disagreements, the overriding opinion was that in order to get respect, you've got to give it.

The episode will air Nov. 13 at 1 P.M. on channel 57.

• Shaker is hosting two girls, Anna and Svetlana, from our partner school for the entire fall semester. - Russian Studies Club advisor Marge Eisenberg
• *Semanteme*, the high school's literary magazine, is holding its annual poetry contest. All forms of poetry are welcome. The contest deadline is Jan. 13, 2000, but students may submit other poetry, prose and artwork after that deadline for possible publication. All submissions should be placed in Mrs. Illes-Johnson's box in the main office. - *Semanteme* advisor Beth Illes-Johnson

• With 30 members and growing, the unstoppable juggernaut that is Science Olympiad will assuredly crash through any competition lying in its path. Come and join us as we prepare to take the state competition at Columbus. - Science Olympiad advisers John Schutter, David Klapholtz, Linda Loeffler, Paul Repasy

• We still have room for a few more people in the B and C grade ranges. Meetings are Mondays at 3 P.M. in Room 133. - Academic Decathlon advisers Steven and Carol Fox

**club
UPDATE**

McMickle interested in Senate spot

By Joseph Tartakoff
Staff reporter
Shaker Heights Board of Education President, Marvin McMickle has expressed a strong interest in running for the U.S. Senate in 2000.

McMickle said he will make an official decision by mid-November.

"Five-thousand people have signed a petition asking me to run," McMickle said.

McMickle, pastor of Antioch Baptist Church,

unsuccessfully ran for the U.S. House of Representatives in 1998. He is past president of the Cleveland chapter of the NAACP.

As a senator, McMickle says he would work for stricter gun-control, improving public education, and cutting urban sprawl.

If McMickle were to win the democratic primaries, he would face Republican incumbent Mike DeWine.

"DeWine has not sur-

passed with any important legislation or policy speeches over the last five years. We need two active senators, and we only have one in George Voinovich," McMickle said.

Freshman William Benish is excited about McMickle's candidacy. "He is devoted to his job and is full of energy," Benish said.

McMickle's son, Aaron, graduated from Shaker in 1998.

**READ
The
S
H
A
K
E
R
I
T
E
!**

**Fairmount
L.E.T.T.E.R.S**
Personalized Gifts & Stationery
3465 Fairmount Blvd.
Cleveland Hts., OH 44118
phone (216) 397-3915

Mom's Closet
Buy • Sell • Rent
Womens Evening Wear and
Bridal Fashions
4337 Mayfield Road (between Belvior and Green)
South Euclid, Ohio 44121
216•382•9350
Fax 216•382•9354
Email momscloset@aol.com
Trish Smythe Marshall, President
Mom's Closet, Inc.

Follow **your team**
Online

High School Sports

Log on for total high school sports coverage. Find the latest scores, rankings, video highlights, and news, and shout out in our high school forums and live chat.



www.cleveland.com

We got game.

Shakerite

Volume 70 • Issue 2

1999 Editorial Board of The Shakerite. All rights reserved.

Allison Pollock*
Lisa Samols*
CO-EDITORS IN CHIEFJustin Gurney*
MANAGING EDITORMeghan Dubyak
Karen Jenks
NEWS CO-EDITORSAlex Kolb*
Anahid Thompson*
OPINION CO-EDITORSShala Shah
Lia Silver
CENTERPIECE CO-EDITORSNate Auerbach
Jesse Griffiths
FEATURE CO-EDITORSMegan Kortemeyer
ARTS & ENTERTAINMENT
EDITORJenny Heisler
Nicole Majorczyk
SPORTS CO-EDITORSDan Moody
ART EDITORRobbie Markt
PHOTOGRAPHY
EDITORStephanie Gabarik
LAYOUT EDITORBeth Dolinsky
Rachel Hutt
COPY EDITORSJon Heller
Zach Weil
WEB PAGE EDITORSMeryl Kramer
EXCHANGE EDITORChrissy Kovanda
SUBSCRIPTION
MANAGERNatalie Sekicky
FACULTY ADVISEREric Edelsberg, Meredith
Edwards, Danny George,
Rachel Hutt, Megan
Johnston, Debra Kamin,
Leah Kaufman, Meryl
Kramer, Nate Levin,
Carmel Pryor, Rob Rains,
Rich Rund,
Joseph Tartakoff
STAFF REPORTERSSayaka Fujioka, Mike
Hood, Emily Phillips
ART STAFFMary O'Connell,
David Mayers,
Sean Nitchmann
PHOTOGRAPHY STAFF*denotes member of
editorial board

The Shakerite is a public forum published eight times yearly for and by the students of Shaker Heights High School.

Letters to the editor must be signed and may not exceed 200 words. Letters, subscription and advertising inquiries should be delivered to the Shakerite office in Room 229, or mailed to: The Shakerite, 15911 Alderside Drive, Shaker Heights, Ohio 44120. The Shakerite reserves the right to reject or edit any letter to the editor or advertisement. Opinions expressed in The Shakerite articles are those of their respective authors, and do not represent the views of The Shakerite, Shaker Heights High School or the Shaker Heights City School District. The "Frite Idea" presents the views of the editorial board, however, it may not reflect the opinion of The Shakerite staff.

The Shakerite is composed electronically using MTI computers and is printed by PM Graphics, Inc. in Twinsburg.

The Shakerite is affiliated with:
• NSAA - National Scholastic Press Association
• Journalism Education Association
• Journalism Association of Ohio Schools
• Northern Ohio Scholastic Press Association

The Shakerite endorses Rawson for Mayor

• Judy Rawson has the solutions and the ability to reform and change the community

In the upcoming mayoral election, student interests fall mainly on the issues of community development, parking and recreation. Both mayoral candidates, Judy Rawson and Daniel Vovak, have addressed these issues, but Rawson has been able to present solutions and has shown that she has taken steps toward her goals.

Renovation and restructuring have been the themes of the community in the last few months, and Rawson is in tune with Shaker's need for reform. As a strong contributor to the Strategic Investment Plan, Rawson is not only helping launch Shaker into the millennium, but is also respectful of the traditions and standards of the community. As a 25-year resident of Shaker, she has seen the growth and development of Shaker, and she is in touch with Shaker's past and in control of its future.

The Strategic Investment Plan identifies the city's main development problem areas and cites possible solutions for them. The points include renovating Shaker Towne Centre and fixing the traffic on Van Aken Boulevard by putting in a traffic circle. Rawson has also been working to reform the housing problems in Shaker, most notably along Lee road.

Vovak's approach is different. While he addresses the possible need to restructure the Van Aken intersection, he criticizes the city's bureaucracy, saying that the planning department could run with a mere three members. He says that the city's focus should not be to open the doors further to outside businesses, but instead to nurture Shaker's existing franchises.

Furthermore, Vovak dismisses the student parking problem as a School Board issue, although he addressed the issue of running "illegal" kids out of the school system as a city issue. City issues are whatever you make them. Rawson wants to enhance the ties between the city and schools and wants to make the library more

accessible to students. Vovak's failure to address such issues could set up a tradition of passing the buck. Rawson is eager to address school issues, proving to students that the buck stops here.

Another topic of interest, recreation, has come up in discussions ever since Thornton Park's proposed renovation was voted down by the residents. Rawson would like to increase student involvement in the brainstorming stages of city issues.

Vovak's only recreation idea is his "Shaker Lifespan Olympics," a set of games that would strengthen the existing community spirit.

The majority of Vovak's ideas seem to carry this theme of building our strengths and ignoring our weaknesses.

Vovak says that the majority of Shaker residents, those he's spoken to in his walking campaign of Shaker, say they love Shaker. His ideas, seem to merely carry this tune and lack feasible and researched solutions.

Rawson has strong qualifications for the position of mayor. She graduated from Mount Holyoke College in 1970 with a major in political science. From 1970-73 she was a Legislative Assistant to Senator Birch Bayh of Indiana. She received a Juris Doctorate with honors from Case Western Reserve University Law School in 1976. After three years as an associate with the law firm of Kelley, McCann and Livingstone, Rawson went on to be the Assistant Director of Law for the City of Cleveland from 1980-86. Since 1991 she has been a member of the Shaker Heights City Council.

Shaker demands a qualified mayor with significant experience in local government and a clear idea of the city's issues. After 25 years in Shaker, Rawson knows Shaker's needs and people.

Rawson should be mayor of Shaker Heights because she gives the city its best chance for improvement. Vote Judy Rawson for mayor of Shaker Heights on Nov. 2.

Vovak lacks more than experience in Shaker mayoral race

By Alex Kolb
Opinion co-editor

Shaker mayoral candidate Daniel R. Vovak simply does not have what it takes to run this city.

Vovak cannot match his opponent, City Council member Judy Rawson, in experience or policy. He lacks any serious plans to improve the city. Vovak's experience consists primarily of publishing his community newspaper, *Movers and Shakers*. As a journalist, I can hardly call it anything but a promotional tool for his campaign. Vovak's staff of a handful of writers, one of whom is actually a pseudonym for Vovak himself, fails the test of professionalism. Each issue is filled with news stories that criticize City Council and Mayor Patricia Mearns while promoting Vovak's candidacy. His work is entirely biased and not a single article is without obnoxious editorial comments.

Last year Vovak announced his candidacy in *Movers and Shakers* with an article he wrote himself under the pseudonym of Irving Gladstone. *Shakerite* reporters were unable to contact anyone named Gladstone at the newspaper. "Gladstone" wrote that Vovak may run for mayor because several readers encouraged him to. Another article last year pointed out the interracial marriages of Mearns' children as well as her lack of a college degree in an admitted effort to paint her in an unpopular light. Vovak occasionally even uses his advertising space as an incentive to Shaker businesses in hopes of swaying their support in this remarkably one-sided election.

The few vague policies Vovak advocates are riddled with contradictions. He threatens to run illegal students out of Shaker schools, though he is merely exaggerating the severity of the problem to play on the fears of voters. He then declares student parking a School Board issue. He doesn't exhibit a clear understanding of the boundaries of city power, let alone how to handle the responsibility of being mayor.

While Vovak's biggest problems among voters are inexperience and

a lack of vision, his greatest fault is his shameless exploitation of Penny Chang's death.

Vovak apparently welcomes any opportunity to promote himself in the public. His newspaper spawned from this desire to be seen, but last February he crossed the line when he held a memorial service for Penny Chang. Vovak's motives were not genuine. He wasn't aiming to comfort the family and increase community awareness. Instead, he used the tragedy to push himself into the public eye. Before the event, he could be seen taping flyers to the walls of the high school, inviting Shaker residents to the service held by "Sheena Vovak, wife of mayoral candidate, Dan Vovak." Odd that they were not family friends of the Changs, but, according to Vovak, only acquainted because he once delivered his paper to her house. Heartwarming? Hardly. The sudden sentimentality was not justified.

Whether or not he realizes it, Vovak is at an extreme disadvantage. Similar to Bob Dole's 72 hour trip across America in 1996, Vovak seems to be mounting a final cry for help by walking across Shaker and visiting homes of residents. He has visited more than 9,000 homes so far and plans to meet all the 30,000 residents before Nov. 2. (When he loses he will have really strong calf muscles.) His composure is a little eerie in that he seems completely unaware of his disadvantage. Vovak proudly rattles off the names of newcomers who have taken office in the past as if to say that regardless of the odds, its been done before.

"For the love of Shaker," Vovak should spare every resident both the eyestrain of reading his name on the ballot next month and the junk mail propaganda he sends out twice monthly. Residents should avoid the risk of a freak accident and get all their friends to the polls, lest the office of Mayor of Shaker Heights fall to Vovak's level. As *The Sun Press* suggested, he should take *Movers and Shakers* and move out of Shaker.

The issues: policy and protocol, or promiscuity and *Playboy*?

The upcoming local election can not proceed without bringing to mind the lies and scandal that tainted Washington last year. With the addition of a bombastic governor who can often be spotted in a wrestling ring and an accused coke-snorting presidential candidate, one question comes to mind.

Do we want a repeat of the scandal that tainted Clinton's presidency and Congress? If not, we need to reevaluate the criteria by which we judge our elected officials. Should we as voting Americans care about prior drug problems or sexual promiscuity?

Or is it none of our business?

Does it matter what a president does behind closed doors as long as he governs well? Does an occasional wrestling match for charity or a interview prevent a governor from managing his state? The standards to which we hold our elected officials are as important as the issues themselves.

On the verge of an important local election and on the outset of a crucial national campaign, Shaker students are caught up in the political crossfire. Should we hold political candidates or elected officials to a higher standard than our own?

The Shakerite took this question into the hallways to find out the student body's opinion.

shaker SPEAKS



Tiffany Pinkney

Grade: sophomore

"Their personal business is their personal business. What they do doesn't have anything to do with me."

Aubrey Watson

Grade: senior

"Elected officials should be treated the same as us. They should be treated as equal citizens."



Nate Shepherd

Grade: senior

"Yes, because they are representing us out in the public. They are supposed to be the best of us."

Cameron Buckland

Department: Social Studies

"We hold them to too high a standard when we pick them and too low a standard when they are in office."



Jamiyl Motaabbed

Grade: sophomore

"I think that whatever a person does in their private life should stay private."

Aaron Toppston

Grade: freshman

"Yes, because if you hold political candidates to a higher standard, then you also have to hold elected officials to a higher standard."



From Jesse the Body to Jesse the Mouth • Minnesota governor speaks out a little too much

By Debra Kamin
Staff reporter

Are the men and women who govern our country designed to be role models? Should they be?

Once upon a time, the people we elected to govern our country were chosen for their abilities, skills and potential as leaders of our nation. For these qualities alone, they were admirable figures, suitable role models for adults to emulate and children to aspire to become.

That was once upon a time - before Watergate, Whitewater and the hot water that Jesse Ventura has plunged into with his recent article in *Playboy* magazine. Politics and the respect politicians earn seems to be drowning in a market that feeds on materialism and ignominy.

In a flamboyant interview in the November *Playboy*, the newly-dubbed Jesse "The Interview" Ventura most certainly spoke his mind, but perhaps opened his mouth just a little bit too wide.

With Miss November gracing a centerfold that divided the story containing Ventura's interview, readers must wonder about the credibility and ethics of Minnesota's governor. Ventura makes several intelligent points about protecting our children, legalizing prostitution for health reasons and the national draft. He undermines his own intelligence, though, by adding that as far as he's concerned, his state drink is beer and he wants to be reincarnated as a 38 double-D bra.

The problem with Ventura is that he actually has amazing points to make. For a man who never went to college, admits to spending most of his young years "drinking and whoring" in the Navy Seals and whose first deskjob is his current occupation as the governor of Minnesota, he is extremely astute.

Jesse "The Body" Ventura has come a long way since his days growing up in southern Minneapolis. He stunned the nation by winning this election by a landslide. Minnesota residents were shocked when he came through on one of his campaign promises and tax refund checks appeared in residents' mailboxes.

Now Governor Ventura is living up to another standard set by the World Wrestling Federation. The clash between Ventura's old bad-boy attitude and his new suit-and-tie physique can lead to some confusion about where he stands on many issues.

Ventura's approval rating was high at the beginning of his campaign simply because he was erratic. He needs to realize that speaking his mind is different than just mouthing off. Now when he speaks people are really go-

ing to pay attention to what he says. No matter how much Mr. Ventura wants to deny it, being governor requires being a leader as well, and it is clear from his extravagant behavior that he is not a very good role model at all.

Ventura takes many a stand on delicate issues, completely blind to the fact that through his fast-talking he is openly insulting many of the Minnesota citizens he now represents.

With his opinions on organized religion, open admittance to a string of illegal activities, and outright refusal to negotiate with anyone who displeases him, Ventura makes a wonderful entertainer. But the people of Minnesota elected him as chief executive of a state in the most powerful country in the world. Why?

America has become obsessed with celebrities. So downright obsessed that we have become willing to believe that they can do anything. It is why Jerry Springer had a shot at

senate seat and Michael Jordan can sell Sprint better than anyone else. An-

thony Edwards plays a doctor on television and is nothing but an actor, yet we believe him when he tells us Key Bank is the best. Why? Because he is a celebrity.

Just because someone is a good actor, baseball player, stand-up comedian or wrestler does not mean he is a good politician. Yet we have begun to believe that celebrities can do absolutely anything. For that reason alone, Jesse Ventura is leading the state of Minnesota.

It's time for politicians to stop being actors and actors to stop trying to be politicians. When he crossed the line in *Playboy* Mr. Ventura made it clear that we need to take more seriously who we elect for public office, because the men and women who represent us actually do carry a lot of weight.

Politicians held to too high an ethical standard

• George W.'s drug history has nothing to do with his ability to lead this country

By Alex Kolb
Opinion co-editor

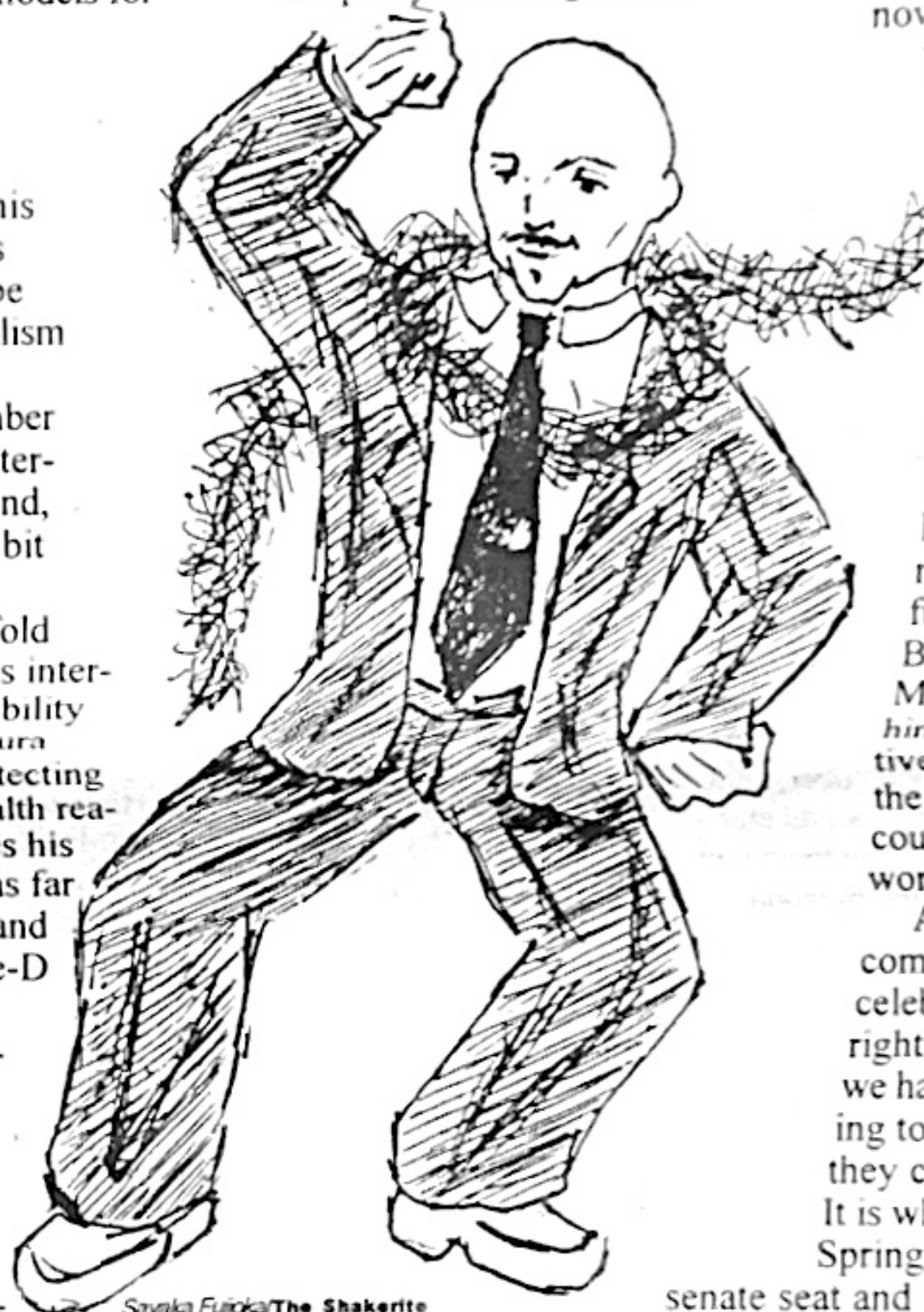
Last year's charade of an impeachment process delivered one clear truth: We can't continue to hold our elected officials to moral standards that most Americans can't meet. Nevertheless, now that we are mired in the ongoing debate about George W. Bush and cocaine (did he inhale?), it's clear that not everyone got the message.

Do we really care what people did as teenagers? Most people who head off to college emerge having done things they normally wouldn't, but only when they decide to run for office 20 years later does that behavior become important. Enemies will dig up every buried skeleton of your past and sell it to the highest media bidder. Have you ever done anything that would disqualify you from running for office? Based on the standards that we hold our candidates to, it seems few readers have a po-

litical future. Sadly, someone who has experimented with drugs is more representative of the American people than is Al Gore.

Making a spectacle of one misguided politician makes for bizarre political theater. At the onset of his presidential campaign, Gore distanced himself from Clinton by criticizing Clinton's promiscuity and advocating family values -- a curious use of a Republican catch phrase. George W.'s response to repeated questions about cocaine use have evolved from "No" to "No comment" to "I'm not going to dignify that question" to "Not in the last 20 years, and I could pass my dad's drug test, too." All that tap dancing because someone who knew-him-when tipped off a reporter.

We deserve to be represented by candidates who represent us. If we continue to hound every candidate for being human, our choices will be severely limited.



Sayaka Fujikura/The Shakerite



Beth
Dolinsky
Copy editor

Creativity lacking in Halloween

One day a year, we get to dress up as something other than high school teenagers.

One day a year, we're able to turn ourselves into the undead, into creatures from beyond, into our imaginations.

But we don't.

On Halloween, we're encouraged to dress up, to find a costume, and to live a little. We can branch out, explore different realms, and frighten our entire school. Still, most of us either paint our faces on October 31, or drag some old clothes out of the attic and claim that we're being hippies. How can we let this opportunity go to waste?

We're way past the day when we could throw sheets over our heads and still get candy from the neighbors. Most of us are too old to trick-or-treat, and carving pumpkins loses its appeal. If we let these Halloween traditions slide, how can we lose our grip on what we have left?

The lack of creativity among the costumes shown is amazing. In a school of over 1,500 students, how can we all end up wearing the same thing and adopting the same persona when we're finally allowed to be outrageous and unique? There can only be so many clowns and flower children. And a short skirt is not a costume.

On a smaller scale, it may seem that we're just not too excited at the prospect of donning full costume or racking our imaginations for new ideas that have never been tried.

Yet take into account the full picture: We've been offered an opportunity to be creative, expressive and free. If we can't even take advantage of these smaller, but still significant freedoms, we will never be able to exercise our rights on a grander scale. Finding an unusual costume for Halloween may seem like a small and trivial rite, but it represents our ability to think clearly, as individuals, and to strike out on our own.

Every year student council entices us with candy, but it shouldn't take a bribe to drum up spirit. You're well informed in advance. Halloween is on a Sunday, but dress up day is the Friday before. You have time to take advantage of our school costume day to try out your gear.

So go ahead. Start planning. Be a lion, a tiger, a bear. Be a smurf or a thundercat or a Flinstone. Be a Backstreet Boy. Be something new, and courageous. I challenge someone to dress up as Mr. Mitchell or Dr. Newby. Prove that there are still creative minds out there, and people willing to show them off.

Brooklyn Art Museum sparks Sensation

• Art exhibit causes political uproar, Giuliani seizes the moment

Ahhh, New York. The only place in the world where the decomposing head of a bull covered in maggots and flies could be viewed as art. The art exhibit, *Sensation*, comprising different works of art by young British "artists," has been touring the world, and controversy has been raging.

Much of the exhibit is acceptable, but several pieces of "art" considered controversial have been singled out and have remained on the front pages of newspapers for weeks. And this is just what the artists wanted. So yes, I know full well that I am merely contributing to the problem by writing this.

This "special" exhibit contains a bust molded out of real human blood, a painting of "The Virgin Mother Mary" covered in obscene pornographic pictures and splattered in elephant dung, sculptures of young boys whose noses turn into penises and whose mouths turn into anuses, and much more.

The mayor of New York, Rudolph Giuliani, rashly decided to revoke ALL funding from the museum. Is this an infringement of first amendment rights? YES. However, I don't care if they had to instill a monarchy to revoke that funding, it needs to be done.

Artwork such as this is a travesty to this country. Has America declined so much that this exhibit could ever be viewed as art?

I truly believe that this is a scam conceived by these conspiring artists to make money. I can easily picture someone sitting in his barn looking at a rotten chunk of cow carcass and saying to his friend Billy-Bob, "Hey Billy-Bob! What if we done took this here piece o' meat and pretend it were all fancy art-like. We could put in a museum and then we git paid lots o' money by all the high-falutin' types that think it was art." And the funniest part is there are many incompetent fools who have no loftier way to spend their money than on these inexperienced artists.

That is why, in my opinion, each artist should be clinically scrutinized and recommended to some institution that can help their sick mind. Truly, how can the mayor expect to endorse a museum that is not even appropriate for children? These people would be much more of a benefit to society if they were planting fields in their black and white striped uniforms. Not to mention that it should be illegal to waste time with such unimportant projects anyway. Anyone who has the time to make such art is either unemployed, or will be soon, and should be forced to take self-help classes on how to better his life.

If these "artists" want to exhibit their art in Joe's Museum of Disgusting Pictures, then that is fine. No one is saying that these people are not free to exhibit their art. If they want to, they can print copies of their art and display them all over Central Park, handing them out to every individual who passes. But no one should have to pay for it.

If the majority of New York City does not want to have anything to do with the funding of this exhibit, then the mayor surely has the right to revoke funding.

point

COUNTERPOINT

In this great country of ours, our Supreme Court justices debate the meaning of the Constitution. Occasionally, the high court deems existing laws in violation of our constitutional rights, and Congress creates new ones in an effort to better serve the citizenry.

However, at times it appears that the federal and state governments are taking away the rights that we value most. Most recently, thanks to New York City Mayor Rudy Giuliani, government is trying to define art. This is unconstitutional and a clear attack on the First Amendment.

How did the government achieve this perversion of poetic license? Where did our mayors and congressional representatives acquire the authority to decree what kinds of unique, creative expression are appropriate symbols of our times?

They didn't. And as citizens of the United States, it is our democratic responsibility to ensure that they don't.

People are enlightened and uplifted when an artist, in an uninhibited fashion, transmits the sense of pessimism and chaos that permeates post WWII society. Why persecute artists for depicting the problems that ail society? The proverbial messenger shouldn't be killed for the content of the message. Perhaps the role of the critic begs analysis before artists are harassed for their contribution.

Furthermore, to revoke the funding of the Brooklyn Museum of

Art at a time when there isn't enough support for the arts in the first place would be detrimental to society. If we choose not to appreciate or patronize the arts any further, then we lower the status of society and damage the creative morale of generations to come.

Cutting the funding of the Brooklyn Museum of Art is ridiculous. What comes next? If Mayor Giuliani can cut funding to a public art museum, then next week we won't be able to swear in public or protest a trial because he will find those forms of expression distasteful, too.

The most pathetic aspect of this transparent, political charade is that Giuliani's intense drive to stop this exhibit and take funds from the museum spawns from his bid for a Senate seat. His indignation grows not so much out of his Catholicism, but out of his desire to appeal to conservatives throughout New York in preparation for his upcoming senatorial bid.

Art is in the eye of the beholder. Who is anyone to say that a shark preserved in formaldehyde or a Virgin Mary that defies traditional depiction is any less a social criticism or a sign of our times than Botticelli's *Birth of Venus* or Cadmus' *Coney Island* were of theirs? Each individual finds unique meaning in art, and just because an exhibit sends conservative America into an uproar doesn't make it any less a work of art. Is El Greco's perspective of Jesus dying on the cross any less accurate than this view of the Virgin Mary? Who are we to say?

Art, like beauty and meaning, is in the eye of the beholder. If just one person is moved in either direction by *Sensation*, then it is art that deserves to be seen.



Copyright 1999 by The Shakerite

Megan Johnston

Anand Thompson

Invisible line polarizes the dance floor

• Crosby tackles division of races on the dance floor

By Meghan Crosby
Guest 'riter

Shaker Heights is known for excellent schools and praised for its race relations. Yet how can we truly claim the latter when socially, we are obviously strained?

Saturday, Oct. 9 was our long-awaited Homecoming dance. There were pictures, music and glitter galore. Everyone danced. Everyone looked great. However, there was a tension. It seemed as if a line, a divider of

sorts, was etched across the gymnasium floor. It was invisible but it existed. This line was a color line. Quite frankly, the blacks and whites claimed their separate halves of the dance floor, though few cared to address the situation.

Homecoming is supposed to be a gala, a time for students and alumni alike to come together. It is a time to congregate and celebrate. This should include a celebration and appreciation of our differences. Instead we have failed to acknowl-

edge each other. When we claim to be comfortable with one another and vow to look beyond our ethnic comfort zones, by polarizing, as was displayed at Homecoming, we fail. When members organizations such as SGORR make no effort to live up to their gospels, when we cannot see our teachings applied, we have failed.

This separation is a prime example of the subtle but voluntary segregation that infects Shaker. Facing the dawn of a new millenium, it is scary to

think that integration is not, by now, natural. It is even scarier knowing that socially, it isn't totally safe.

I summon a re-evaluation. Now is the time for all to question how far ahead we really are in this great race. Racing to a safe place. Struggling with this thing we call race.

Our policy states all letters to the editors must be signed. We received an unsigned letter. If the writer wishes to have it published, he or she must identify themselves to the editors in chief or advisor. Contact us via a note in Mr. Schick's mailbox.

Got Sleep?



The real deal on slumber

BY SHAILA SHAH AND LIA SILVER
Centerpiece co-editors

Sleep-starved Shaker students are among those who can best appreciate the sensation of climbing into a warm, soft bed for a good night's rest after a long, hard day of work.

The subject of sleep is a hot topic among scientists. Sleep disorders have been linked to many diseases, and research suggests that the average teenager doesn't get enough sleep to function to his fullest. Recently, some schools around the country have even contemplated a later start to the school day.

While most of us are grateful for these few hours of undisturbed bliss, few of us ever consider the journey we embark upon when we close our eyes.

Scientists long ago realized that sleep actually entailed a cycle of four distinct, progressive stages followed by a dreamy sequence known as REM sleep, when your mind and muscles are active. The four stages range from a light sleep that is easily interrupted to a deep sleep in which your heart rate decreases, your brain activity slows and your muscles relax. The four stages leading up to REM sleep last for about 90 minutes.

Which stage of sleep is the most important?

"Deep sleep and quiet sleep are just as important as REM sleep," Helen Murphy, psychology professor at John Carol University said.

Students who do not get enough sleep fall into sleep debt. The only way to get out of debt is to sleep far more than the average requirement, a tough task for teenagers.

"Children need sleep primarily because their bodies are still growing," said Dr. Benjamin Wallace, professor of psychology at Cleveland State University.

Students are never too tired to talk about their lack of sleep.

"I get about six hours of sleep because I stay up until about midnight doing

homework and talking on the phone. I definitely think that I need more sleep, even though I'm not usually that tired during class," said sophomore Nicholas McCarthy.

Stage One
People are easily awakened. They are still aware of surroundings, but heart rate decreases and their muscles relax.

Other students get the prescribed amount of sleep but still find themselves tired out by their work load.

"I go to bed at 10 and wake up around 6. It should be enough sleep, but I'm usually pretty tired. I get up in the morning and I feel like I'm not really awake," said sophomore Allison Waithe.

Other students find themselves having to decide whether finishing homework or getting enough shut-eye is more important.

"I get a lot of sleep — about eight hours. But, that's because if I don't get my work done by a certain time, I go to bed any-

Stage Two
Thoughts are incomprehensible and people grow less aware of their surroundings. They are still easily roused.

way," junior Mary Cantlin said.

Not getting enough sleep isn't the only problem that people face. There are a

wide variety of sleep disorders that affect about 10 percent of all U.S. citizens. Although most of these disorders occur mainly in adults, children can suffer from night terrors in stage four sleep and wake up strangling their pillow or kicking at the air.

Disorders are the inability to go through stages of sleep. Disorders include narcolepsy, the propensity to fall asleep anywhere and at anytime, sleep apnea, which is when a person's airway becomes blocked, and insomnia, is when a person is unable to sleep.

Some students suffer from not sleeping or not getting the same amount of sleep every night, are not necessarily insomniacs.

"I don't sleep the same amount every night. Homework varies and there are too

many things to do," senior Josh Lavin said.

The average amount of sleep necessary for high school and college students is at least seven to eight hours.

"I go to bed at the same time because I get tired and I just go to sleep," senior Stephanie Chin said.

Stage Four
Waking is difficult. Dreams can occur in this stage but are rarely remembered. REM sleep follows — brain activity increases, muscles contract and eyes move rapidly.



Getting enough sleep is a perpetual challenge for many people. Busy schedules and sleep disorders make it tough to get enough of the four kinds of sleep. According to the Stanford University Sleep Research Center, about 10 percent of U.S. adults suffer from sleep disorders, including insomnia and narcolepsy. Researchers say adolescents should sleep eight to 10 hours a night.

One too many sheep

BY JESSE GRIFFITH
Feature co-editor

Who doesn't love a soft and cuddly sheep? Any person who suffers from insomnia sure doesn't.

I feel my love for those four-legged cotton balls fade with every hour on a sleepless night.

I have recently become well acquainted with the late night hours. At 2 in the morning when the world is still, the house I have grown up in becomes a whole new loathsome world.

The leaky faucet, muted during the day, becomes a waterfall. Every drip brings me closer to insanity. At 3 a.m. when the house is still and my whole family is

asleep, every shadow seems out to get me. Every tick of the clock is amplified, striking fear into my heart.

Much to my chagrin, these nightmarish events have become a familiar routine as I try to go to sleep each night.

My screwed up sleeping schedule began a week before spring semester finals last year.

According to psychologists, the majority of those who suffer from insomnia are plagued by stress. Although at the time I didn't think there was anything to be stressed about, my mind and body were well aware of the finals

I should have been studying for. Recently, in my psychology class, we studied sleep disorders. During that unit, I learned that under stress, the nervous system will keep the body alert so that things could be accomplished. Even if you feel there is nothing to be worked up about, often something tugs away at your mind. In my experience, those subconscious worries are responsible for sleepless nights.

Due to stress, my eyelids refused to grow heavy when my normal bedtime would roll around. Instead, they became wide. I found myself so awake that sleep

rarely arrived until my alarm sounded, forcing me out of bed. My sleepless pattern continued throughout the summer, that something hidden within the depths of my mind was causing stress and insomnia in my life.

With my senior year well underway, there is always something that I should be doing. So much stuff needs to be done.

Let me tell you: Insomnia isn't fun. Granted, a sunrise on a crisp fall morning is beautiful, but not when you've seen the sky evolve from dark to light while trying to follow sheep to the land of nod.

Analyze this! Keys to your dreams

BY LISA SAMOLS
Co-editor in chief

I was sitting in the basement when I got this incredible craving for soda. After weighing my options carefully, I stood up and walked toward the stairs. As I looked up, I noticed that I couldn't see the door at the top. For some reason, I headed on up anyway.

That's when the weird stuff began.

Every time I took one step toward the top of the stairs and one step closer to my ultimate goal of total thirst satisfaction, the basement door moved farther away. I felt myself losing my sense of balance, and as I looked up, I saw the staircase twisting and contorting, spiraling up to an unseen opening to the first floor of my house. I began running as fast as I could, thinking that somehow, if I ran fast enough, I might beat the staircase to the top. I ran faster upon looking behind me and realizing that there was no way back. The walls turned into blurry streaks as I zoomed past, and just as I had given up hope of ever escaping, a rectangle of light appeared before me. Almost crying for joy, I walked through the doorway and into the kitchen, where I opened the refrigerator door and pulled out a cold can of soda. And just as I was about to savor the fruits of my labor in one hearty gulp of sugary carbonated goodness, I woke up.

Sound familiar? Even if you've never endured such a nightmarish quest for Coke, most people can identify with the shock of waking suddenly from a vivid dream. I can't tell you how often I hear people saying, "I had that really weird dream about John Lennon again..." Some people rarely recall their dreams, while others al-

ways have a tale to tell about their nighttime visions. And that difference isn't random.

"Some people are better at dream retrieval than others," said John Rehak, a psychotherapist who specializes in dream psychology.

Dream retrieval, the phenomenon of remembering dreams, varies according to how deeply a person sleeps. Rehak said that people who sleep deeply more often remember their dreams upon waking up. Stress and nutrition affect how deeply a person sleeps and how often he or she remembers dreams. High levels of stress and depressants such as alcohol prevent deep sleep and dream retrieval.

The meaning of symbols in dreams as well as the rate of dream recollection varies from person to person. However, there are a few universally accepted interpretations of dreams, according to Michael Thiessen, who offers them on his website, sleeps.com.

The presence of other people in dreams is generally thought to be representations of the dreamer himself. Dreamers place themselves in other bodies to escape responsibility for personality traits or to temporarily acquire desired traits.

A shy person may dream of another shy person to place the blame of being shy on someone else, or a loud person may dream of a quiet person because he wishes he were a little more quiet.

Other symbols have more concrete connotations. Vehicles can symbolize direction in life, death can symbolize change, and any kind of violence symbolizes tension between two people or an in-



ner conflict.

However, interpreting not-so-well-known dream images presents a challenge due to an unusual language barrier.

"The language of dreams is not the English language," Rehak said. "It is symbol language."

Rehak said that the difference between interpreting dreams in our language and interpreting dreams in symbol language is that we analyze things based on love or fear, while dream symbols are not so clear cut.

"Bad dreams are never bad.

The person just interprets it as bad," Rehak said.

What dreamers interpret as nightmares are often just challenges, Rehak said. These challenges can be dilemmas faced in real life or inner conflicts that have not yet been realized.

"We work out our everyday reality in dreams," Rehak said.

While stress and conflicts seem likely to stimulate dreams, no one knows exactly what causes them.

"The dream world is wild," Rehak said. "It can't be tamed."

24-7

• Many refer to Super Kmart as a playground, but our job is to deliver the truth to you: IT STINKS!

By Jesse Griffiths and Nate Auerbach
Feature co-editors

It's not faster than a speeding bullet, it isn't nearly as powerful as a locomotive, it can't leap tall buildings in a single bound. It can only be Super Kmart.

A visit to the superstore large enough to have its own zip code has become a trend in the late-night lives of teenagers who are in search of cheap entertainment. With the movies now affordable only to Van Sweringen mansion owners, several high school students have pinpointed a new haven for random jolliness.

Your adventurous Feature co-editors have once again escaped the oppressive confines of *The*

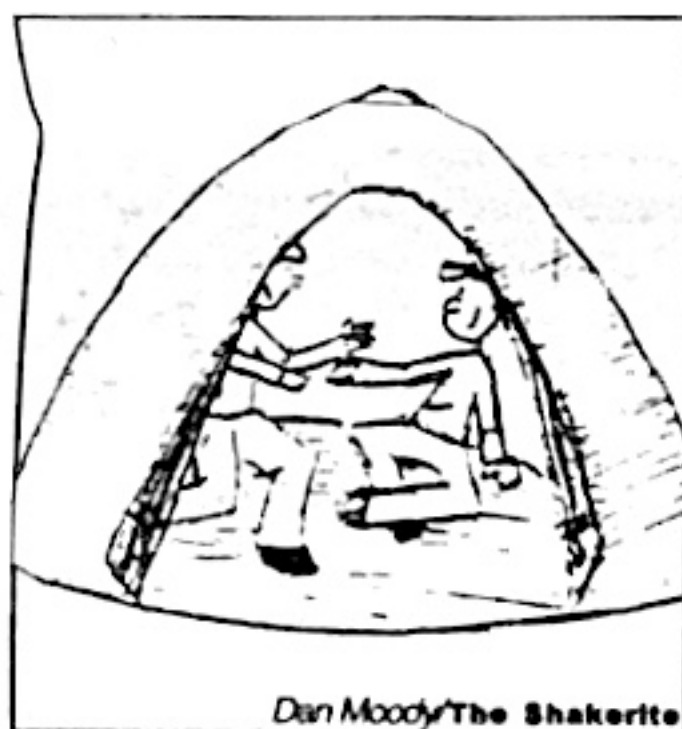
Shakerite office in search of a new exciting place for you to hang out.

The place: Super K, located across from Southgate Mall on Warrensville Center Road.

The verdict: Don't waste the gas.

As we ventured into the building on a cold, rainy October night, we initially bolted to the video games, which weren't even on. We searched for an outlet in which to plug them, but lost all interest within a matter of minutes.

After drying our tears, we hurried over to the men's underwear section. Nate was stoked to find a new pair of Scooby Doo boxers to add to his collection, but decided the ladies



As Halloween looms just outside our grasp, Super Kmart awaits those looking for last minute costumes, candy and ghoulish decorations; however, that's not all this establishment is good for. Some sleepless Shaker students with nothing better to do on the weekends escape to Super Kmart, which is open 24 hours, seven days a week, to frolic in the endless aisles of amusement. Although you can purchase everything from apples to zebra striped underwear, the employees and fellow shoppers aren't as friendly as one would like to think.

would be more attracted to a man with Tigger in his pants.

Along our trek to the other side of the store, we were surrounded by aisles upon aisles of pro wrestling apparel and other such merchandise.

We reached our next destination, the lovely land of fishing tackle, hunter's bright orange and camouflage. Orange hats are really neat, but walls and walls of them require UV protection. We

played in the demo tents for a while and woke up the next morning to look for fun people to talk to.

Much to our dismay, the employees of Super K are not nearly as friendly as those who toil at Cleveland Hopkins Airport.

Additionally, the regular shoppers at this store have no interest in meeting new, fascinating people.

Hence our message to you la-

dies and gentlemen is to keep your distance from Super K. It is an overrated experience. Unlike Giant Eagle, it does not offer a year's supply of cookies for a dollar. Compared to the airport, it has nothing exciting to offer to teenage pop culture.

We, your feature editors, will do our best to serve you, our readers, better with our next random place to visit, yet to be decided.

Feed your face in a greasy place, all night

By Justin Gurney
Managing editor

It's 2 a.m. and you have the munchies. One problem—there is no food in your cabinet. Only leftovers lurk in the fridge, and your stomach is beginning to gurgle.

You can try to go to sleep, you can cry or you can quench your appetite.

Just because the sun goes down doesn't mean the food isn't being cooked, but I don't have to tell you that. Shaker students seem to be well acquainted with the art of late night eating.

"There's nothing better than grease at the end of a long night of partying," senior Adam Moore said.

Popular nocturnal restaurants, Best Steak and Gyros across from Shaker Towne Centre, Chuck's Diner on Lee Road, Michael's Diner at Shaker Square, Denny's on Wilson Mills by I-271 and Mama's Boy across from Chuck's, all provide continuous service and let customers have fun after hours.

"The food is great, and there are usually big groups," sophomore Deseree Johnson said.

"The people that work at Steak and Gs are nice. They tolerate us juveniles," junior Andy Molloy added.

Late night dining and atmosphere are essential to the well being of humankind, especially teenagers. High class restaurants might take a few cues from the service and fun these restaurants provide.

There is always something exciting going on early in

the morning.

"I saw some girl beat up some dude in the middle of a restaurant," senior Marty Calabrese said. "I tried to hold her back, but as soon as I let go she just jumped all over him."

"I go to watch high boys trip all over themselves," senior Jeannette Green said.

"Most people there are usually inebriated," Molloy added.

There is no doubt that up-all-night eateries are well used and respected by teenagers, but believe it or not, some adults just can't get enough of the 3 in the morning cooking.

"It doesn't sit well with me, I'm trying to do less," physical education teacher Stuart Gilbert said of 24-hour food. "I go there because I'm hungry." Gilbert added that he doesn't have a favorite because it doesn't matter when he is hungry.

This leads to the most important question of them all. Where is the best place to go when you just can't sleep?

After much interrogation, most Shaker students wandering the halls and sitting in the social room gave a resounding "Steak and Gyros" in response.

"Chuck's is bad, Denny's is cheap and not too great, but Steak and Gyros is easily the best," Moore said.

"I go there at 2 or 3 in the morning to get my grub on," Molloy said. "They make a mean Gyro."

Oh my God, Steak and Gs has some mean mozzarella

sticks," Green said.

When your belly needs some grease, go to Steak and Gs, but stay away from Denny's at all times, say students.

"Denny's is dirty," Calabrese said.

"Denny's doesn't like black people," senior Tony Moss added.

In fact, the knowledge of late night diners at Shaker is so extensive, that if there were a class titled "All-Night-Restaurants," above average grades would not be hard to come by.



When the clock strikes midnight and stomachs start to rumble, Shaker students turn to all night eateries. On any given night of the weekend, Best Steak and Gyros, located across from Shaker Towne Centre on Chagrin Boulevard, is populated with hungry teenagers looking to score some grub and laughs.

Water springs to the top of drink market

• Agua companies join Starbucks in quest to take over the Earth

By Beth Dollinsky
Copy editor

Water, water everywhere, but... we pay for it? More and more, students are buying bottled water as an alternative to tap water and drinking fountains.

The bottled water industry is booming. Water sales in the U.S. rose 9.5 percent to \$4.3 billion in 1998, according to Beverage Marketing Corp. in New York.

Bottled water sales showed growth higher than that of fruit beverages, soft drinks and beer combined.

The industry is now so prominent that there is even an International Bottled Water Association that holds annual conventions and trade shows.

The association lists 46 recognized bottlers. It warns that labels don't always tell the truth, and that "spring water" can come from most any source in the United States.

To play it safe, consumers are encouraged to read ingredients carefully.

B.W.A. also makes distinctions between mineral water, purified water and processed water.

Whatever procedure the water has been put through, some students are tempted to pay for bottled water because of the taste.

"[Bottled water] tastes cleaner than regular water," senior Tia Hunter said.

Junior Rania Karim agreed. "You can taste the difference," she said.

In fact, these students may be correct. According to Kristin Saltzgeber of the Na-

tional Testing Labs, chemicals and dissolved solids can be present in tap water and can alter its taste.

Some other students drink bottled water simply because it is easier to transport.

"My mom orders it by the boxful, so I just grab a bottle on my way out of the

water thought up more creative reasons.

"Evian spelled backwards is Naïve. How stupid can you be?" senior Aaron Viny said. "I'd never buy anything from a company called Naïve."

More brands of bottled water are appearing on the market. An industry formerly dominated by Evian has grown to include brands such as Aquafina, Crystal Geyser, Mountain Valley Spring, Deer Park and Dannon, among others.

Advertisers for these companies cite freshness and purity as reasons to buy their product.

Evian's clever promotion says that "Evian Natural Spring Water is not treated or processed in any way. It is naturally pure."

On their website, they declare that "Several hundred tests are conducted daily both on the source and after the water has been bottled to verify the consistency of the mineral composition, the absence of pollution and the quality of the plastic bottles."

Even McDonalds

jumped into the water market. According to an employee of the Richmond Heights McDonalds, the restaurant's bottled water, which has been discontinued due to sagging sales, came from the tap. It just had a label and cost \$1.29.

Whether students drink the water for the tests run on it, or the label on the bottle, they see bottled water as a form of habit.

"Once you get used to drinking it, you kind of get addicted," Karim said.



More students have begun to chug water by the bottle in recent years, like freshman Nikki Goldstein. The bottled water industry is growing immensely in number and sales have surpassed those of soda or juice. Everyone seems to want in on the action. McDonalds even tried their hand at selling their own bottled water, equipped with a spiffy Ronald McDonald label. Whether this has become a trend due to the special processes through which the water in the bottle goes or just because of the handy bottle, Shaker students definitely see drinking bottled water as habit forming.

house," senior Andrea Abramoff said.

However, the tendency to drink bottled water seemed to vary with gender, as more females than males revealed that they drink bottled water. The stereotype of it being a feminine drink has been rooted into American culture.

Bottled water critics cited expense as a downside.

"It makes me mad that people are willing to pay money for water," senior Jon Youngner said.

Others who oppose drinking bottled

Facing their first year together

• High school rookie Bursi guides freshman class

By Megan Johnston
Staff reporter

One of the most prominent additions to the high school faculty this year is Assistant Principal Marianne Bursi.

Bursi's extensive experience spans 15 years, beginning with her graduation from Arizona State University. Bursi then taught kindergarten through eighth grade in Arizona for 10 years.

Bursi's next stop was Onaway, where she taught the ARP course for three years. Then she worked at Onaway as staff assistant.

Now Bursi is in charge of the class of 2003 and has found that there is a big difference between fourth graders and high

school students.

"The high school is very active and energetic and challenging in that the number of students that I supervise is more than all of Onaway," Bursi said.

teacher FEATURE

Despite the immense size of the high school, there are some welcome similarities. Bursi has more than 100 kids whom she knew when she was at Onaway.

"I think it is a comfort for them to know that I am new. Because I am new, I

move slower and think things through for them which gives them more time," Bursi said.

There are other similarities. "I was in charge of discipline and lunch at Onaway, just like I am here," Bursi said.

Bursi brought with her much of what she learned at Onaway. "I brought lots of techniques for interacting with students from Onaway. I have learned a lot about interpersonal relation," Bursi said.

Bursi does have to overcome her share of obstacles. "One of the biggest challenges is trying to find some incentive for getting kids to attend classes and fulfill their obligations here as stu-

dents," Bursi said.

Fortunately there are many rewards that come with the job. "One of the greatest rewards is having the parents call and say that they are really appreciative for me taking time and interest in their child -- I am very detailed -- like a detective and I think parents and teachers appreciate the thoroughness and commitment," said Bursi.

"She is very hard working and concerned with the students," said secretary Roberta Donaldson. "She is a great motivator for the kids."

Students here at the high school have managed to strike awe in the heart of this faculty addition. "I was surprised by some of



Shaker's new assistant principal, Marianne Bursi, came to the high school from Onaway.

the far-fetched and outlandish stories that are created as extravagant excuses for misbehaving," Bursi said laughing.

According to her colleagues Bursi is sure to be

an effective and important addition to the faculty.

"She is a great asset to our administrative team," said tenth grade unit principal Ovella Roulette-McIntyre.

MTV: the station of a generation

• Video channel enjoys its nineteenth year on the air

By Megan Kortmeyer
A&E editor

Twenty years ago the idea that would start a cultural revolution and identify a generation was born . . . in Columbus, Ohio.

That's right. The powerhouse now known as MTV began as an inventive, risky idea - not in Cleveland, the home of rock 'n' roll, but in our state capital.

The network had humble beginnings. It would be three years after the idea was formed before MTV hit the airwaves playing the prophetic song, "Video Killed the Radio Star." It would take another year before it even debuted in two of the nation's biggest cities, Los Angeles and New York. In the spring of 1981, fewer than 25 percent of the nation's homes had cable, let alone a 24-hour music station.

When MTV first began, the channel was going to follow a never-seen-before format, according to Tom McGrath's book, *MTV: The Making of a Revolution*. It would feature one song after another, similar to radio stations. The station was trying to appeal to 12- to 34-year-olds, a sector of the population television executives called TV Babies because they had grown up with television. Ultimately, this group and the generation that followed became known as the MTV generation.

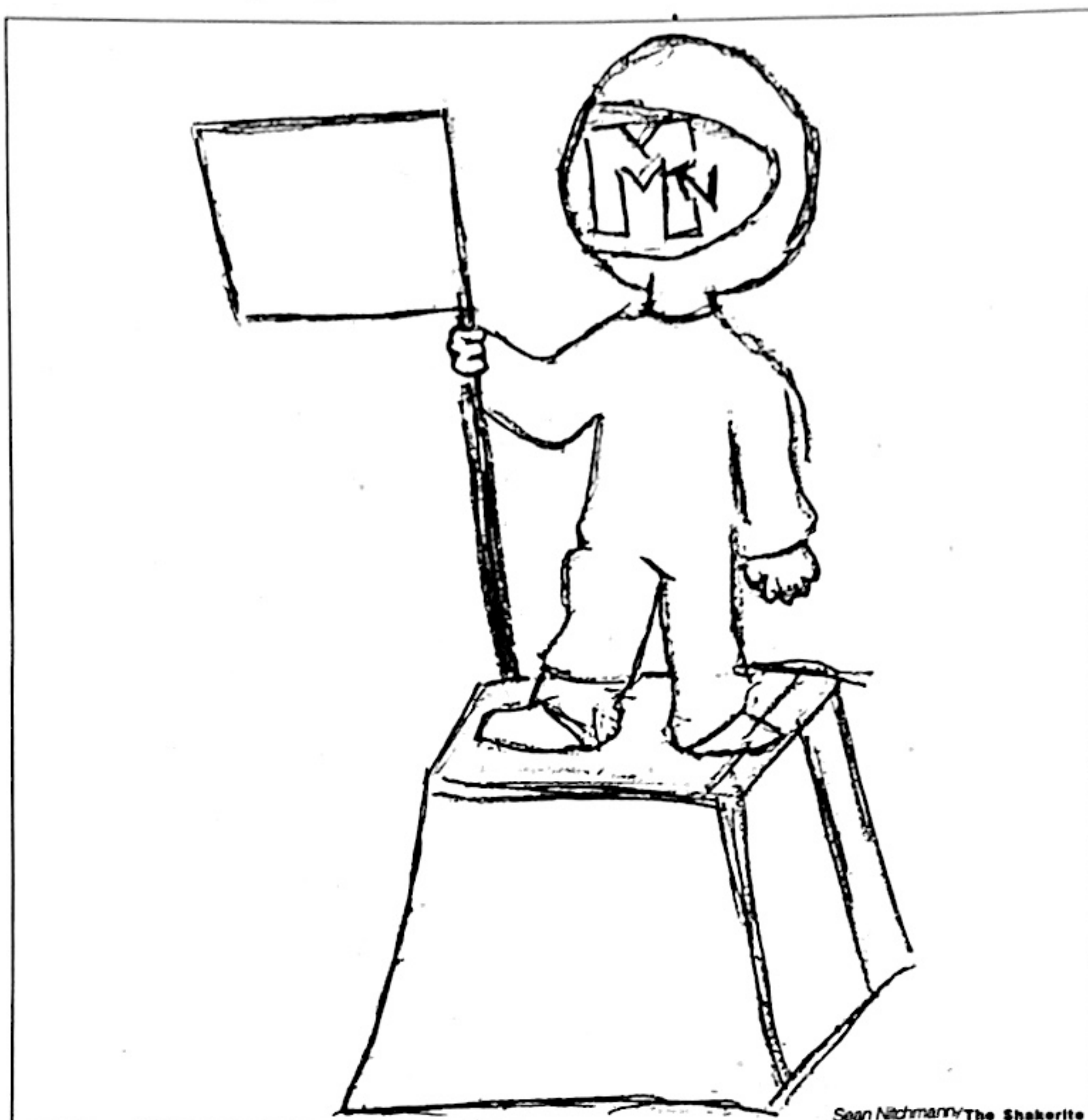
It is members of this generation, such as freshman Michelle Krivanek, who make up MTV's viewers.

"MTV paints a sort of picture of what's cool and what's not cool. [The station] really impacts what people do and what they think about popular culture," she said.

Once the station began, it wasn't long before it took off.

MTV began to influence every part of kids' lives. They talked about it at school, listened to the music it played, and even followed the trends and styles it presented. *Barbers in Kansas* reported a huge increase in Rod Stewart-style haircuts after MTV went on the air. This popularity was due partly to the fact that mainstream radio had become very conservative. Most stations were playing mostly oldies, a trend that did not go over well with many young people. MTV provided the alternative.

This alternative is something viewers



still appreciate today.

"MTV gives people a chance to listen to different types of music, types that they might not normally be exposed to. That's what makes it so good," freshman Erik Pierce said. "I like *Total Request Live*, because they play a wide variety of videos."

Between 1982 and 1984, the station reached its peak. It began to influence every aspect of our culture, including the Billboard charts. "I want my MTV" became the catch-phrase of a generation, and the station even overcame accusations of racism and senseless violence in its videos.

By the mid to late '80s, however, problems plagued the station. The National Coalition on Television Violence was strongly protesting and ratings were

falling faster than anybody could imagine.

Ironically, it was because of this declining viewership that MTV decided to go forward with non-music programming. And this, according to some Shaker students, is the cause of MTV's problems today.

"Some of their shows have nothing to do with music. That was what the channel was originally supposed to be about, and now it's hard to find a time when they play music videos at all," senior Erin Roberson said.

However, some MTV viewers appreciate a break from non-stop videos.

"I think if they played music videos all the time it would get boring," said junior Lainie Cohen, who pointed out an MTV

Did you know?

- MTV was originally going to be called TVM (Television Music).
- The second video MTV played was Pat Benatar's "You Better Run"
- For a commercial, Mick Jagger said, "I want my MTV." He was paid \$1.
- After MTV went on the air, one hospital said they "observed ill effects on certain patients as a result of viewing MTV."
- *Saturday Night Live* spoofed the station with DTV (Death Television). Its motto was, "All dead, all the time."
- 48 hours after MTV debuted in East Berlin, the Berlin Wall fell.
- Michael Jackson's "Thriller" was considered the most innovative video of the '80s.
- President Bill Clinton was helped in his election by appearing on MTV.

from MTV: The Making of a Revolution by Tom McGrath

show she enjoys. "I really like watching *Daria*. I think it's funny,"

Senior Amber Fitch also likes *Daria*.

"I think MTV is okay. I really like *Total Request Live*, when they count down the top videos," Fitch said.

Senior Miranda Acree is another MTV viewer who enjoys variety.

"I like when they show several types of shows on the station," Acree said. "I think it would be boring if they showed the same thing all day long."

The station whose motto was once "all music, all day" is gone. On an average weeknight, there are two hours of programming unrelated to music videos.

Despite these changes from the original format, MTV continues to be a constant force behind both this generation and the music industry.

"I think the station will continue to be a big factor in many things. Right now, they have influence over not just music, but also movies and sports [such as *Varsity Blues* or MTV sports]. It's good right now, and I feel it will stay that way," senior Lauren Richard said.

Aug. 1, 1981: MTV debuts playing The Buggles' "Video Killed The Radio Star."

Summer 1982: "I want my MTV" ad campaign begins.

September 1984: Dan Aykroyd and Bette Midler host first MTV Video Music Awards

August 1987: MTV Europe launched.

Summer 1995: MTV launches page on the Internet: www.mtv.com

Dec. 31, 1981: MTV hosts its first New Year's Eve Ball.

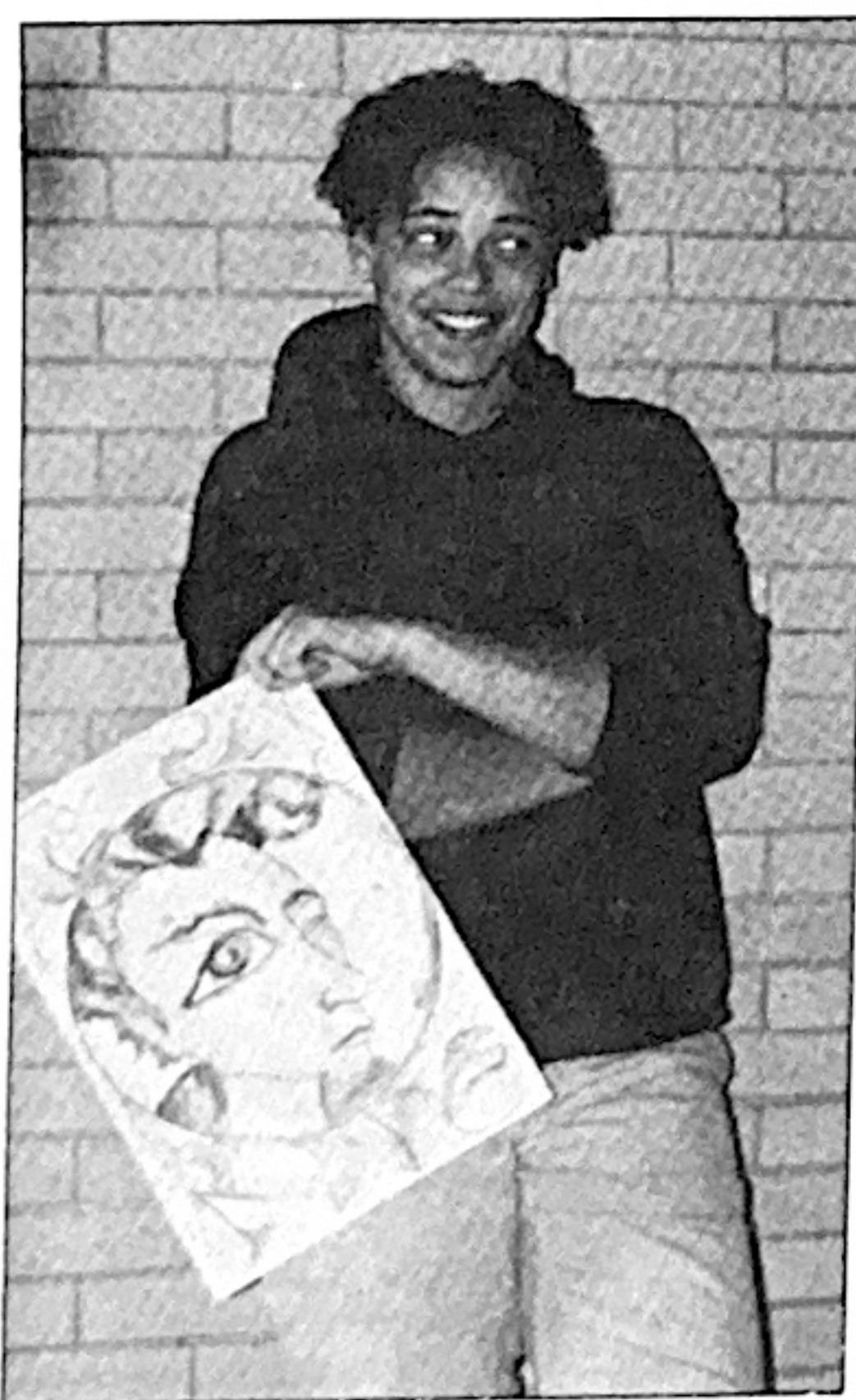
October 1983: MTV is featured on cover of *People* magazine.

January 1985: VH-1, a sister station of MTV, is launched.

Spring 1992: *The Real World* debuts.

Kim Venable paints her way to success

• After entering several art competitions, Venable comes home with prizes



Robbie Mark/The Shakerite

With Art Department Head Jim Hoffman backing her, senior Kim Venable is ready to continue her commitment to art in college. She is looking at several art schools around the country.

By Rob Rains
Staff reporter

Kim Venable first discovered that she had talent when she was in kindergarten.

"I remember feeling really good because the teacher would show my drawings to the class," the senior said.

Since then, she has moved on to creating bigger and better things, including two pieces that hang in the administration building. Her favorite painting, a self-portrait, marks Venable's first work using oil pastels.

"I value because it was my first experience with oil pastels and it turned out really well," she said. Though it only took Venable an hour to make, she still feels the portrait was important for her development as an artist. "From there I was able to do other projects involving pastels."

Venable's awards include an honorable mention for the 1999 Ohio Governor's Art Youth Exhibition, first place in drawing at the 1998 exhibition and a certificate of merit. She also has some ideas for the future.

"I plan to enter a lot of my work into Scholastics [a national high school art competition] this year. [Maybe] even a portfolio," Venable said.

A typical art portfolio consists of eight

pieces of an artist's best work. Venable described the process of selection as nerve-racking.

"It's really difficult. It's an ongoing process. If you do a work and you think it's portfolio material, you add it," Venable is currently seeking help from Art Department Head Jim Hoffman.

Hoffman said that the young artist has talent that knows no bounds. He compared some of her work as a junior in high school to that of a sophomore in college. Hoffman describes her as "truly artistically gifted."

He also feels that Venable's ability to focus on the task at hand puts her into an elite class in terms of art.

"She is an extremely proficient student of art. Her work for the high school is very sophisticated," adds Hoffman. He also disagrees with critics of her work who refer to it as "goth." Rather, he thinks that Venable is able to recognize the darkness in things and encourages people to judge quality rather than labeling.

While Venable has received some negative comments about her work from some students, the majority of people appreciate

her art.

"I hear people say it's depressing and that it's goth," Venable said. "I say to them, 'How many paintings in the art museum focus on people grinning?'"

Venable is looking at art schools and putting together portfolios to send along with applications. Her top choices include The School of Visual Arts, Pratt Parsons, School of the Chicago Institute of Art and the Maryland Institute of Art.

Venable's art supplies aren't the only thing she is taking with her to college. When it's time to paint, Venable exclaims, "Gotta have the music."

Her creative juices flow best with sweet musical sounds of Lauryn Hill or Soul Coughing.

In response to the recent uproar over the art exhibit in New York City, the young artist said artists set the trends for art and it is up to them to censor themselves. "An artist has to decide where they want to push it," she said. "America offers freedom of expression. It is the artist's decision whether or not to set guidelines for their work."

Although some people think Venable's art is dark, she assures us she will not be causing an uproar over her art like the situation in New York City. "Obviously the artist was trying to get a reaction, and that is what art is for."

a&e
raider of
THE MONTH

Movies

Three Kings

The first time I ever heard of *Three Kings*, I took one look at Spike Jonze drawing, "We three kings be stealin' the gold," (immediately conjuring images of a blank-faced James Van der Beek intoning "I don't want yoah life") and decided that watching this seemingly testosterone-powered movie would be a waste of two otherwise perfectly good hours. However, I later decided to give the film a chance. The movie centers on four military officers, played by George Clooney, Mark Wahlberg, Ice Cube and Spike Jonze, who are disappointed by their roles in the Gulf War and are looking for compensation - in the form of Kuwaiti gold. While the film is powered in part by its many action sequences, its underlying anti-war message unifies the story. From Clooney's graphic depiction of what happens when a bullet enters the body, to Wahlberg's naive assertion that the U.S. saved democracy in the Middle East, director David O. Russell exposes the truth about America's role in Kuwaiti liberation. For those not interested in political commentary, rest assured that there is plenty to be amused by in this movie. Aligning a serious message with humorous characters and thrilling action results in what should be a blockbuster movie. *Three Kings* is sure to satisfy any moviegoer's tastes.

Lisa Samols



Out of Four

Music

Prozzak

OK. About a year ago I sat at this very computer and trashed the popular "fun" music that was sweeping the nation (Shakerite Vol. 69, September). I still don't like the garbage the Backstreet Boys, Ricky Martin and Britney Spears put out, but I must tell of a band that plays this style of music.

They are called Prozzak and are one of the newest bands to take Canada by storm. Their blend of techno-dance and melodic lyrics makes this group stand out.

Their debut album, *Hot Show*, yielded their first hit "Sucks To Be You" and the follow up single "Strange Disease." Both videos have been in mega-rotation on Much Music, Canada's answer to MTV.

Hot Show also contains a great track called "New York" as well as a cover of the classic "Wild Thing."

Long unavailable in the U.S., *Hot Show* will be released in the states Nov. 2. To get a preview, check out their web page at www.prozzak.com.



Out of Four

the box OFFICE

Through 10/31
Fright Fest
Geauga Lake

Through 10/31
Nightmare in Painesville
Lake County Fairgrounds

11/7
TLC with Destiny's Child
Gund Arena

11/12
Live
Agora Theatre

11/14 and 11/15
Bruce Springsteen and The E Street Band
Gund Arena

11/21
Counting Crows
Cleveland Music Hall

Lights, camera, action!

• Shaker graduate makes waves in Hollywood

By Rob Rains
Staff reporter

Editor's note: Jamie Babbit, a Shaker alumna, has just directed her first feature film and is quickly making herself known in Hollywood. She talked to reporter Rob Rains from the set of the WB.

Q: What was it like for you growing up in Shaker Heights?

A: I graduated from Shaker in '89. I did a lot of theater. I was in ensemble from my freshmen year through my senior year. I was the stage manager for the ninth grade play. I also did a cable access show every Sunday. It was called "Teen Scene." It sounded really cheesy, but it was great because we got to work with cameras and everything. We were at [WOIO Channel 19] when it was across from Severance [Mall]. Every Sunday we did a one-hour show. We would write stories about books and television shows we liked. It taught me to become familiar with the camera so I could go on to be a director.

Q: Where did you go to college and what was your major?

A: I went to Barnard College, part of Columbia University in New York. I majored in anthropology and liberal arts. I am really glad I did that because a lot of people went to NYU or USC and did film programs right out of high school. I was really glad I got a general knowledge of the world because I think that's important.

Q: What was one thing you regret about high school?

A: I still wish I would have directed a New Stages play. At the time I didn't have the confidence to call myself a director in high school. It took being an actress and an assistant director before I realized I knew as much as the directors.

Q: How did you get your big break?

A: I never really got one big break, it was more steady work all the way along. I

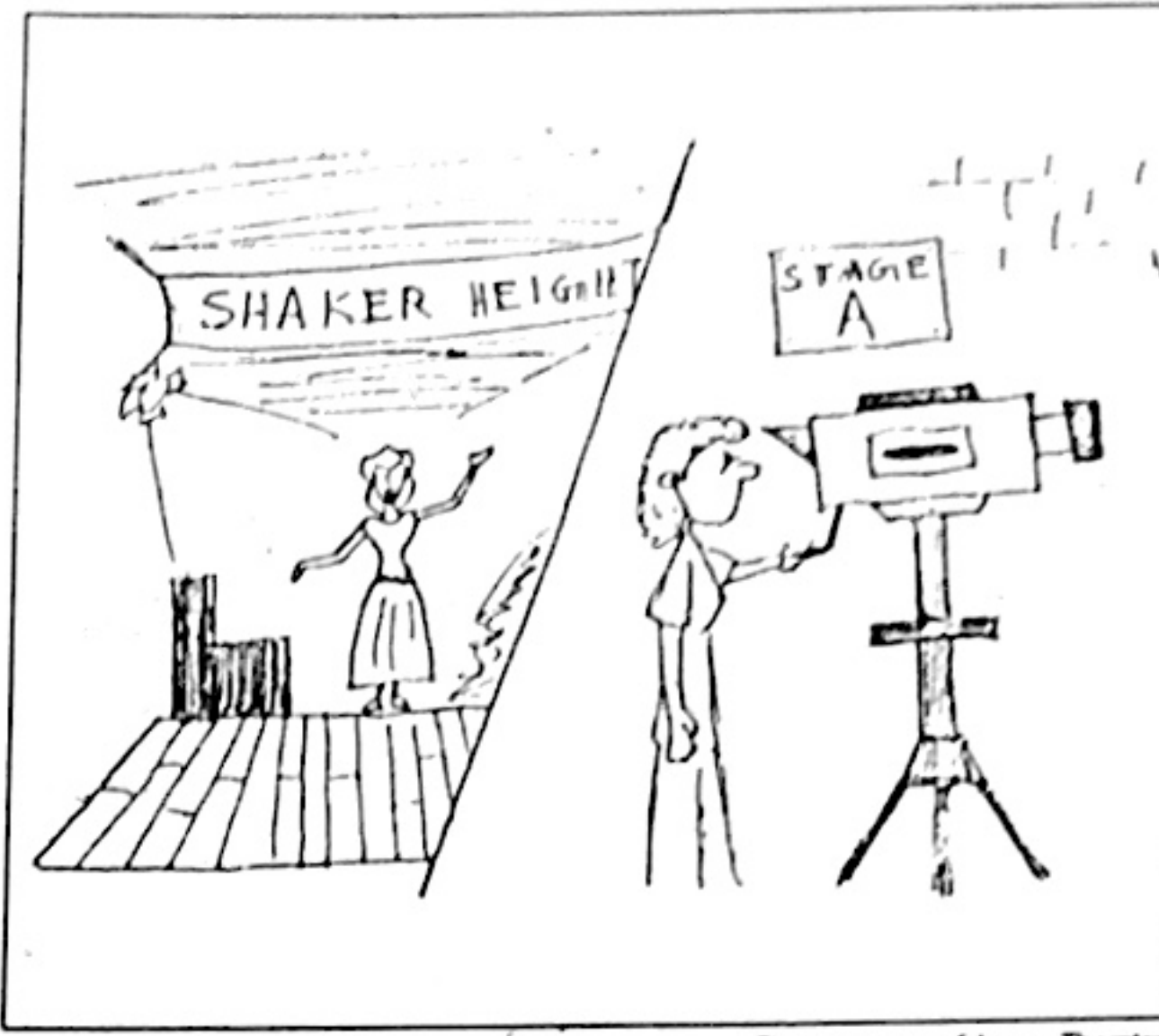


Photo courtesy of James Thornton

worked at the Sundance Film Festival, I worked for John Sayles and then I worked for a company that financed low budget movies. I gave them a script and they picked up on it.

Q: Tell us a little about your internship with Martin Scorsese:

A: It was so lame. I had the worst job, but I didn't care because I was just excited to be there. I had to buy his medication and run errands. I was doing the grunt work. I think it is really important to start at the bottom, though, because then you appreciate what you have. [James] Thornton always said a really good thing, which was "to whom much has been given, much will be expected."

Q: What are your future projects?

A: I am actually directing a show right now. I am working with the WB network. I am directing a television show for them right now called *Popular*. It's a total Dawson's Creek rip-off, but it's supposed to be funnier. The episode I directed aired October 14.

Q: What movie are you directing for New Line?

A: It's a movie called *Conjugating Nikki*. It's basically about a spoiled, 23-year-old girl who is a nanny in New York City. We're still doing the rewrite on that script so right now I'm supervising the writer and trying to get casting ideas.

Q: What are the major differences between television and movie directing?

A: The good thing about television is that you can work on other projects at the same time. A television show takes, all in all, sixteen days. It's cool because it's a really short job.

With movie directing, you are working anywhere from six months to a year on one thing. It takes a lot of time.

Q: What is it like living in Los Angeles as opposed to Shaker Heights?

A: It's much sunnier than in Shaker Heights. Living in Shaker, I would walk up and down Coventry. That's mainly where I hung out, although sometimes I went to Shaker Square.

Q: What sort of classes did you take as a student?

A: I took mostly AP classes. I did take some [college-prep] math. I didn't love school, I didn't love academics, but I liked them enough to get by [laughs]. I was more interested in other things. In college, I got to focus more on theater and the arts, which I was interested in.

Q: Were you involved in any other extracurricular activities?

A: I did a ton of extracurricular activities. I was in SGORR, French club, AFS-ISO, the chess team, and speech and debate.

There's nothing funny about recent movies

• Comedies are marketed to generate money, not laughs

By Justin Gurney
Managing editor

You want a laugh? How about I walk naked through a hotel or do weird things with socks and pies. Would that make you laugh?

Such scenes made a lot of moviegoers laugh, to the tune of \$101.5 million, the box office total (so far) for Universal Pictures' *American Pie*. The film is about four high school seniors determined to lose their virginity before graduation, and its humor is based on the explicit portrayal of every male adolescent's wildest, most disgusting sexual impulses.

Needless to say, what counts as comedy in theaters today has changed drastically in the last decade, from intelligent wit to mindless humor marketed directly at adolescent and young adult males. Although thoughtful scripts such as *Bowfinger* and *Bulworth* hit the screens last year, they just didn't compete with *There's Something About Mary* and *American Pie* - movies full of sexual jokes and slapstick humor.

"There was a period of time in American film, from Charlie Chaplin to earlier periods of Woody Allen, when there was more quality comedy," said Film as Art teacher Jon Bender. "Quality is now hard to come by."

The last comedy to earn an Academy Award for best picture was *Annie Hall*, Allen's 1977 depiction of a neurotic man (Allen) and his on-again, off-again relationship with Annie (Diane Keaton).

According to Bender, comedy exists in three primary styles - dark comedies, comedies that require thought from the audience and escape comedies. If you take a short journey back to the late '80s and early '90s, clever comedies dominated the market. Robin Williams made us laugh and depicted war with *Good Morning*

Vietnam. Winona Ryder personified a critique of high school social hierarchies in *Heathers*. Eddie Murphy had the world rolling in *Coming to America*, a comedy in which he played five distinct roles. Skillful performances and intelligent scripts ruled the theaters.

Today, Hollywood's take on comedy has taken a decidedly mindless turn.

Much of today's movie market is driven by one simple fact: the need for profit. And profit doesn't come from thinking-people's comedy.

"This genre has shifted to focus on commercialized films. Intelligence doesn't sell easily," said Alan Mintz, co-producer of *Rudy*.

Mintz said that of the 10,000 scripts submitted to Hollywood each year, only 2,000 are made into movies. Those 2,000 have the best chance of hitting a home-run at the box office.

"Film making has become a corporate enterprise. It used to be people wanted to make movies, now they just want to make money," Mintz said.

Another factor contributing to the lost art of clever comedy is the disintegration of the independent market. Columbia Pictures and Tristar used to be separate companies competing in the same field. They are now merged with Sony - makers of TVs, VCRs, DVDs, computers, Walkman and Discman, and owners of multi-screen theaters around the country. It's hardly surprising that they care little about the art of comedy. Who has time to care when there's so much cash to count?

Most of the other big movie companies, such as Paramount or Twentieth Century Fox, value dollars over artistic merit. And

studio executives know that teenage boys make the call when it comes to choosing a movie.

"Most male adolescents won't go and see independent films such as *Notting Hill*," said Doug Brodax, a literary agent who represents writers, directors and producers for television and films.

Producing funny movies is a difficult concept because people disagree on what's funny. By appealing to a specific group such as males, or more specifically, male teenagers, companies are giving themselves a better chance of creating a

hit. "Comedy has never been universal," Brodax said. "It's almost impossible to make everyone laugh, especially for two hours."

Luckily, one can still find a few films that make an audience laugh and think at the same time. *Analyze This* and *Shakespeare In Love*, both examples of thoughtful comedy, managed to stir up excitement at the box office. Kevin Smith, writer of *Clerks*, *Mallrats* and *Chasing Amy*, has become popular with his witty, realistic humor, appealing to viewers of all ages. Unfortunately, there aren't many studios willing to take a chance with writers who rely on minds instead of libidos.

"[If a movie is well done] you can get personally involved with a funny actor and the story, but it just doesn't happen anymore," Bender said.

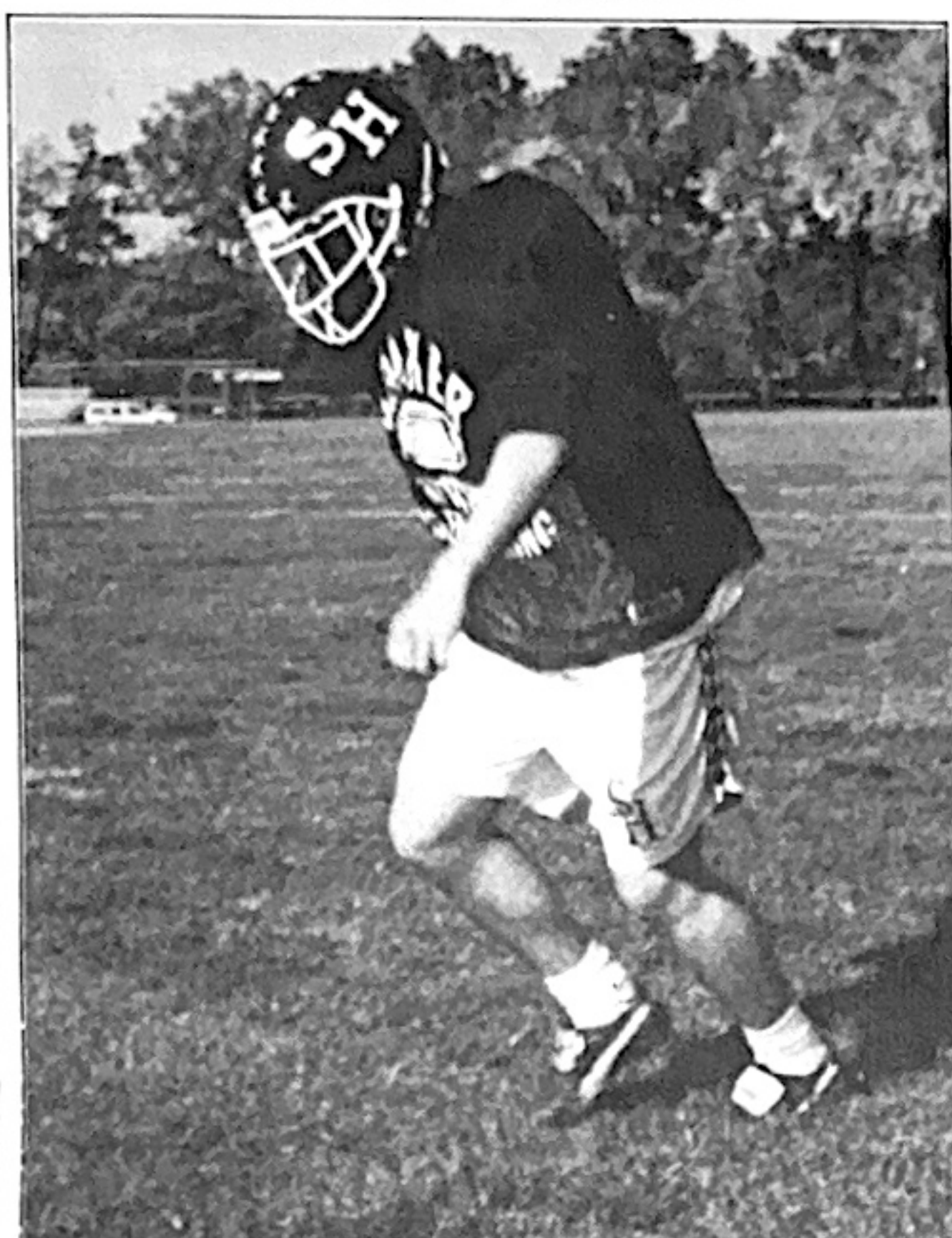
So what makes a comedy of quality? Bender feels it is important to have a good story.

"The key to a good comedy is in the writing," he said.

"Film making has become a corporate enterprise. It used to be people wanted to make movies, now they just want to make money."

ALAN MINTZ
producer

EXTRA POINTS



Ben Woodcock warms up during a recent practice. His skills have helped lead the Raiders to an 8-0 record.

Multisport athlete adds to Raider achievements

By Jenny Heisler
Sports co-editor

In case you're worried that your eyes are failing because you think a midfielder from the men's soccer team looks a lot like the guy who kicks extra points for the football squad, fear not. The resemblance is no illusion.



Junior Ben Woodcock manages to do both, playing midfield for the 13-3-2 Raider soccer team, and kicking extra points, field goals and kick-offs for the undefeated football team. As if that's not enough, this versatile athlete plays lacrosse in the spring.

"I've played soccer for about 10 years," Woodcock said, "and last year, I started kicking for the JV [football] team mid-way through the season. I worked with John Manley throughout the year and over the summer to improve."

Manley was the Raider's stellar kicker until he graduated last year. Though Manley left huge shoes to fill, Woodcock has done a solid job in kicker's cleats, going 27-30 for extra points this season.

"Last year Manley had a strong foot," said junior quarterback James Stephens, "but Ben has been very solid and has been more consistent than John."

Scheduling appearances in both contests was a bit of a struggle at first. When the football team played its first game away at Shaw High School, Woodcock had to make it all the way back to Woodbury in just 15 minutes to be on time for a soccer game. Since then, he said the schedules haven't conflicted at all.

A flexible practice schedule enables Woodcock to work with both teams, although doing so means a big time commitment.

"On Tuesday, Thursday and Friday I go to the beginning of football practice to kick and then leave for soccer," he said. "On Monday and Wednesday, I just go to soccer."

Although Woodcock's point total has yet to be bolstered by any soccer goals, he still plays a role in the team's success.

Woodcock credits much of his good experience to the support he receives from his teammates.

"The reason I've been doing so well kicking is because our line does so well blocking for me," he said.

Stephens appreciates Woodcock's abilities. "He's been a pleasant surprise," he said.

Field hockey eliminates Stow, 3-0

• Shaker looks to sectional semifinal

By Jenny Heisler
Sports co-editor

Andrea Abramoff is confident about the field hockey sectional semifinal game tomorrow against Hathaway Brown. Especially after the team's 3-0 defeat of Stow.

"We really came together today," senior goalie Abramoff said after the game. "I'm confident."

Abramoff has every right to be. The girls soundly defeated Stow in the second round of sectionals, facing them after drawing a bye in the first round. Only a week prior, Shaker just barely nipped the Bulldogs at Stow, 3-2.

"We knew we were going to have to be intense," junior forward Alyson Gilbride said.

The Raiders got their first edge over the Bulldogs 15:55 into the game. Senior co-captain Kira Muehrcke nudged it past Stow's goalie off an assist from junior forward Gina Lombardo.

"As the game went on we got more confident," Abramoff said.

Confidence proved to be the winner in this match. At 23:46 into the first half, senior forward Whitney Karfeld shoved it



Junior Jenny Heisler and sophomore Claire Dietrich hope to beat HB tomorrow in the sectional semifinal.

just past the goalie again, after an assist from sophomore midfielder Claire Dietrich. Karfeld tops the Raiders' scoring list with 11 goals. The Raiders managed to knock one more in 6:55 into the second half. This time, Lombardo nailed it into the right corner on an assist from Dietrich.

During the last five minutes of the game, head coach Linda Betley substituted freshman goalie Ann Elliott for Abramoff. In those minutes, Stow had three consecutive chances to knock it in. However, Elliott held her own.

"This game was greater than any other," co-captain Markt said.

The Raiders have this win on their sides going into the semifinal game at HB tomorrow at 3:30.

"If we played like we did today we'll have a great chance," Markt said.



Alyson Pollock/The Shakerite

Yugoslavian tennis star rules American courts

• Tesic resides with coach, teacher

By Nicole Majorczyk
Sports co-editor

Like two florescent orbs bouncing across the court, Borko Tesic's bright yellow shoes pounds over the clay as he returns a fierce serve.

Yugoslavia sent one of its top-ranked players to the United States to better his skills.

Tesic wrote a letter to the Council U.S. High School exchange program, requesting a trip to the United States. The program called Allan Slawson, and he asked the Wonsons to host. When Mary Ann heard about Tesic she jumped at the opportunity to take him in. Tesic, will reside with Wonson and her husband, Bob (head men's basketball coach) at their Shaker Heights home for the year. So far, things are going well.

"I think he's doing

great. He's a really easy going kid. He's really taking school seriously. Borko has been very responsible about things," Mary Ann Wonson said.

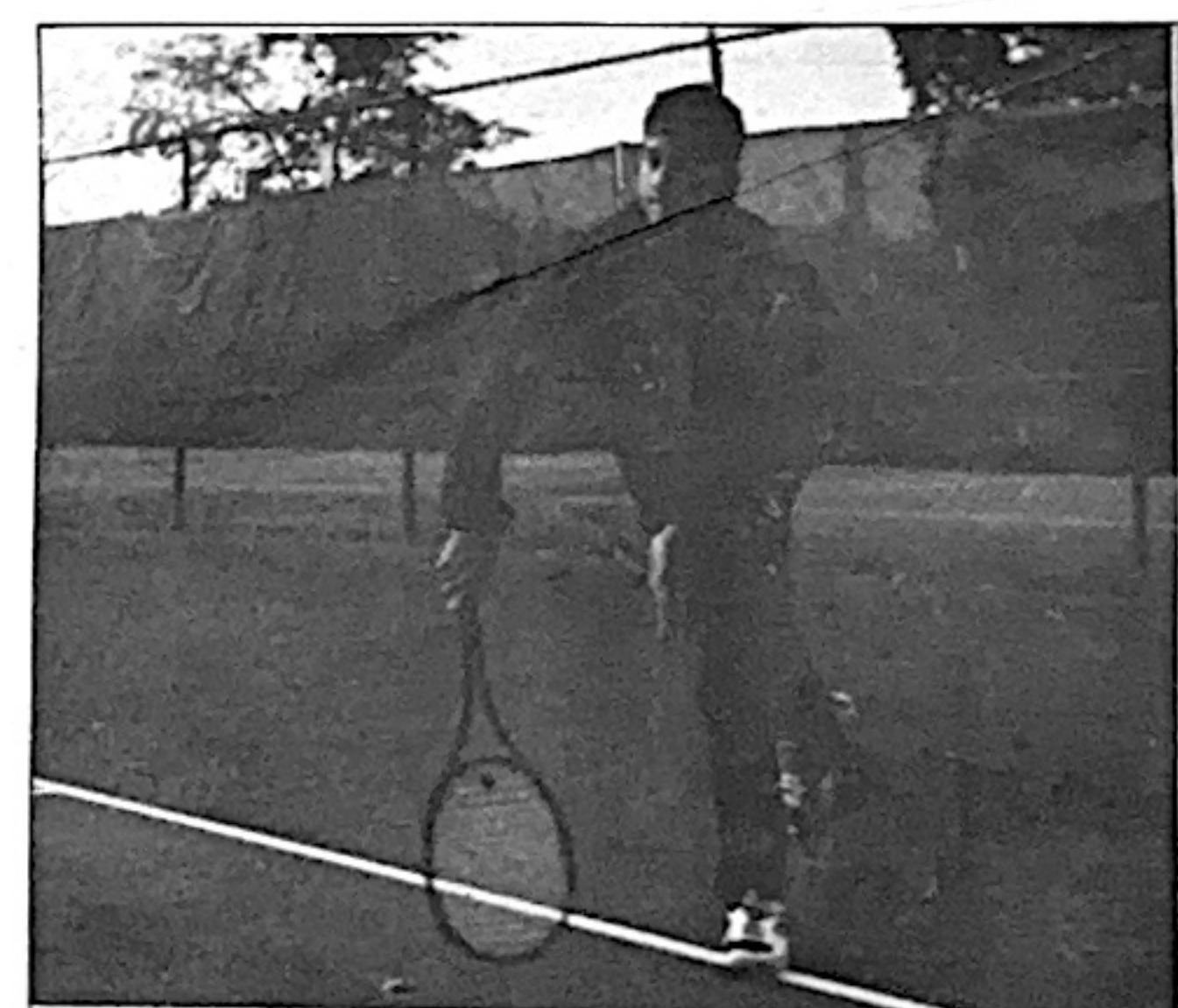
Tesic has been playing tennis since he was 10 years old. His family encouraged him to play because his older brother played tennis, too.

"I play at the biggest club in Yugoslavia together with a team and coach. My coach went to University of Hawaii on a scholarship. He is very good," Tesic said.

Though the American courts are quite different from those back in Belgrade, Tesic is thoroughly enjoying his stay.

"I like it a lot. Everyone is very friendly. People in Europe are not as friendly," Tesic said.

The most striking difference between tennis back home and tennis at Shaker



Robbie Markt/The Shakerite

Borko Tesic will join the tennis team this spring, but until then he practices daily after school with coach Allan Slawson.

is the court itself. The difference suits Tesic.

"At home, the courts are made of soft clay, and here they are made of hard clay. The softer court is slower, and for me that makes it harder. I am a fast player and the harder court

makes it easier," Tesic said.

Tesic also pointed out one other major difference between the tennis life at home and abroad.

"In Yugoslavia it is very different. Most athletes don't go to school. They do sports all day," he said.

Raider Wrap-up

Combined Record
84-39-5
Winning Percentage
66%

Football
8-0
10/30 @ 2 p.m.
v. Cleveland Heights
Men's Soccer
13-3-2
Beat Chardon 5-0 in first round of sect.
Women's Soccer
7-8-2
Beat Madison 2-0 in first round of sect.

Volleyball
17-6
3rd in Lake Division
Field Hockey
10-3-1
Beat Stow 3-0 in first round of sect.
Golf
12-15
finished 5th in LEL
Women's Tennis
20-4

Men's Cross Country
3rd in LEL
10/25 @ 4
Walsh Classic
Women's Cross Country
7th in LEL
10/25 @ 4
Walsh Classic

results accurate as of October 21, 1999

PIZZA!

The Shakerite will be selling pizza for \$1 in the egress after school Thursdays.

RILEY, WRIGHT HAVE THE RIGHT STUFF

• Riley leads volleyball pack

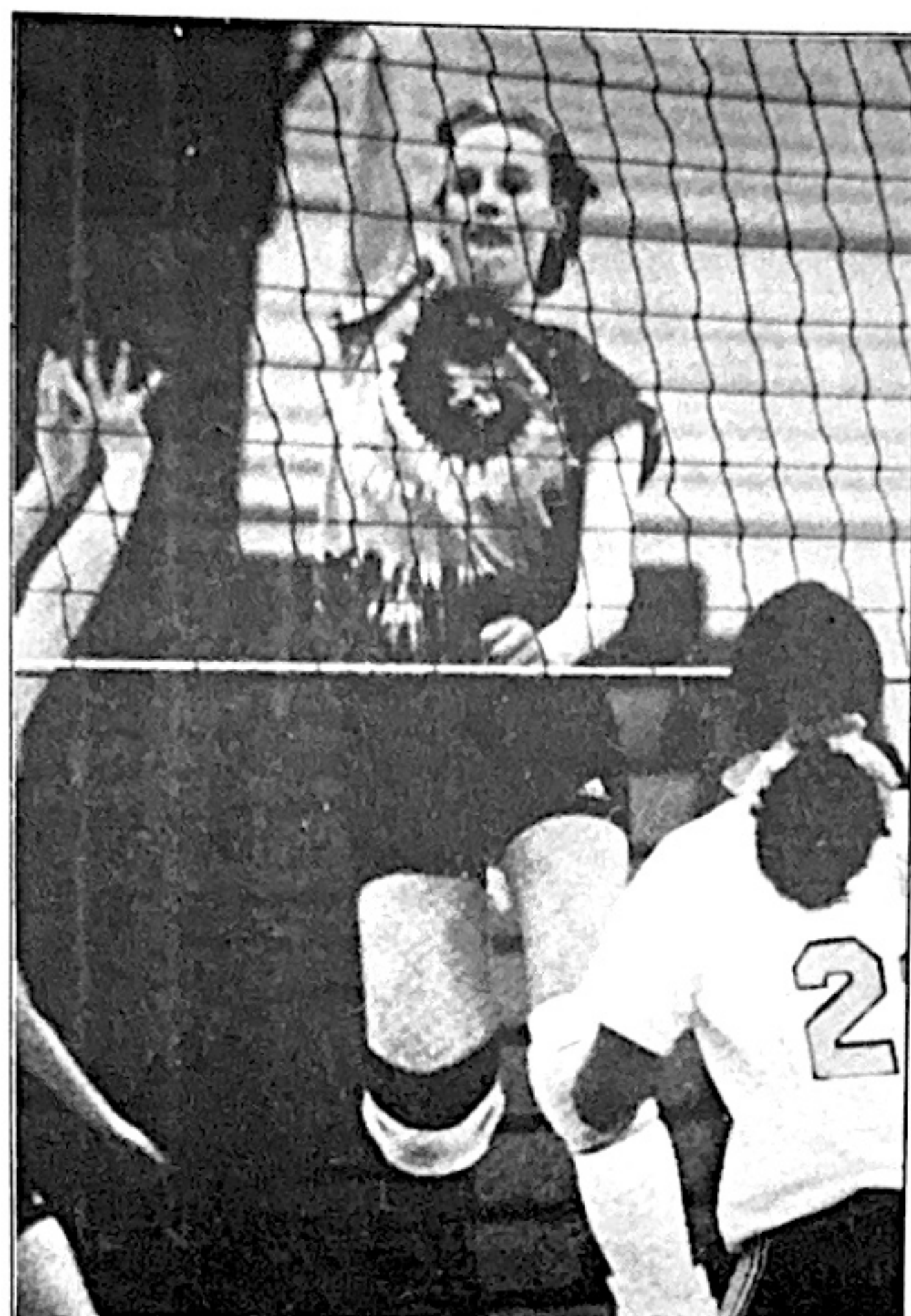
Sport: Volleyball

Year: Junior

Achievement: Riley is in the Elite League of Junior Olympics volleyball with the top players in the area. In the Euclid win she had a total of nine blocks, and Coach Bongini has listed her as a leading blocker for the team. She has been mentioned nine times this year in *The Plain Dealer* for her achievements in games.

Coach's Comment: "Erin's strong net play is the key to our defense, and her hitting and serving always pose an offensive threat."
—Stacy Bongini

Favorite Memory: "Our Euclid game, when we all came together and played as a team. It was amazing to work together and it felt so good. We ended up winning the game 15-4."



Riley, heads above her competition, has contributed to the Raider's success this year as the leading blocker.



Erin Riley

"I DEFINITELY WANT TO PLAY VOLLEYBALL IN COLLEGE, AND MAJOR IN INTERNATIONAL BUSINESS."

Debra Kamin

• Wright's TDs spur football squad

Sport: Football

Year: Junior

Achievement: Wright has 17 touchdowns through eight games and was named *PD* Player of the Week in late September.

Teammate's Comment:

"He is a positive kid and is also an amazing athlete and running back."

—Mike Moore

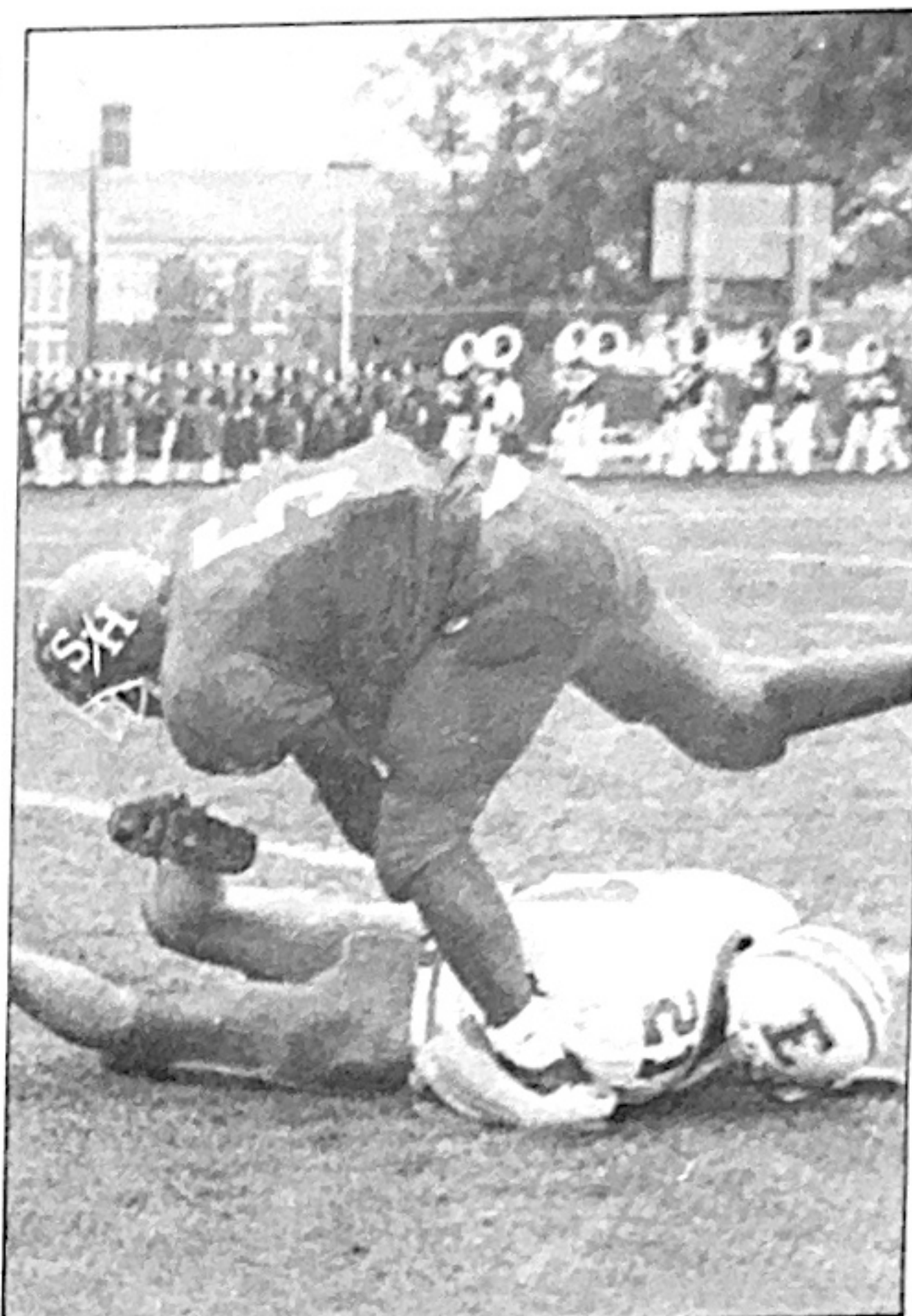
Coach's Comment: "He's a good player. Tough! He has got a good attitude, plays hard and he's really progressed a lot in the past few years."

—head coach Dave Sedmak

Favorite Sports Memory: "Returning a kickoff 90 yards for a touchdown against Euclid. It was awesome!"

Future Plans: Wright hopes to go to either Georgia Tech or Florida State on a football scholarship.

Eric Edelberg



Wright works hard to make it past a defender in the Raiders' win over Elyria. Wright has served 17 touchdowns this season.



Jason Wright

"HE HELPS EVERYONE ON THE TEAM AND GIVES CREDIT TO EVERYONE."

—JUNIOR MIKE MOORE

Mastellar inducted to Hall

• Assistant athletic director appreciates recognition

By Dan George
Staff reporter

A recently enshrined hall-of-famer lurks in the basement of the high school.

Former athletic director Jerry Mastellar was recently inducted into the Athletic Hall of Fame of Albion College, a division III school that rests about halfway between Ann Arbor and Kalamazoo, Michigan.

Mastellar was a four-year letterman at Albion in baseball and basketball from 1955-1959, posting stellar numbers and earning All-League recognition in both sports.

In gratitude for his years of outstanding performance on the playing fields of Albion, the college presented Mastellar with a plaque and placed a bust of him in the Hall of Fame wing of the school.

"It's good to know that after all these years someone remembered me," said Mastellar, chuckling. "My coach always said that there's nothing more fleeting than being remembered in sports."

Making Mastellar's induction even sweeter was the fact that his twin brother was enshrined alongside him.

"It was very special for

me. It's very rare, and it's definitely the first time that twins have ever been inducted in the history of Albion," Mastellar said.

Speaking of "twins," Mastellar's son, Ben, carried on the family baseball legacy and signed with the Minnesota Twins of Major League Baseball.

"The 'twin' thing is kind of a theme," laughed Mastellar.

So how did Mastellar's colleagues in the AD office react to his induction?

"We didn't believe him until he brought in a picture as some solid evidence," joked Athletic Director Dave Sedmak.

RAIDERS FROM PAGE 16

"We don't have many big people this year, so we are more of a speed-based team," Sedmak said.

In spite of others' low expectations and injuries to three linemen early in the schedule, Shaker is making progress toward the postseason. Sedmak credits much of the success to his senior players.

"The seniors have a good attitude and a good work ethic," he said.

Another factor in the winning equation is hard work and hustle during

preseason workouts.

The football squad participates in the Bigger, Faster, Stronger weightlifting and conditioning program — they lift weights three days a week and sharpen speed and agility with sprints and plyometrics. (Plyometrics require athletes to repeatedly jump on and off platforms up to two feet high.)

Also, the rumbling Raiders engage in three offseason Spartan Sessions — intense practices consisting of sprints conditioning activities.

"We work hard and we have a great coaching

staff," said Jhermel Goss, a two-year starting cornerback for the Raiders.

"Those two factors have made the difference this season," he said.

Sedmak said that continued growth is important if the Raiders are to make a repeat trip to the state playoffs.

Last season, Shaker fell to St. Ignatius in the first round of postseason play.

"Everyone has to play their best every day, and everyone must get better each week," he said.

The Raiders are undefeated and are headed toward playoffs.

WEIGHT FROM PAGE 16

nutrients you need," Komblut said.

As a result of the college athletes' deaths, the NCAA banned the use of saunas and rubber suits as methods of weight loss. They also stated that the weight room could not exceed 75 degrees at the start of any training session.

The Ohio High School Athletic Association has also responded.

"The OHSAA has made new rules so that you can't change weight classes in the middle of the season," Brown said.

The weight game goes both ways. Doctors have also begun to study the affects of Creatine, a drug used by wrestlers to increase muscle. Creatine is

actually a steroid-like substance found in human muscles. The drug is similar to natural Creatine, but is used for the specific purpose of adding muscle mass and weight.

According to school nurse Evelyn Wisham, drastic weightloss poses serious health issues.

"They totally throw their electrolytes out of balance because they don't eat and drink enough. Some even take laxatives or wear tight plastic clothes or do extra calisthenics," Wisham said.

The United States Taekwondo Union medical coordinator, Trish Bare, recently published an article related to this issue on the USTU web site. Bare states that the best way to make a weight class is to stay within 5 to 8 pounds of

your division weight throughout the season. It should take about three weeks to lose the desired pounds prior to a competition. Losing a lot of weight in a small amount of time damages muscles, organs and bones. In order to stay healthy while losing the weight, Bare wrote that athletes should eat a diet of protein, carbohydrates, fruits and vegetables. Bare also cautions to avoid salty foods because they cause water retention, which hinders weight loss.

Senior wrestler James Dorsey said Shaker athletes don't feel the need for drastic efforts.

"It's not so bad here," Dorsey said. "It's not like at other schools where they try and cut 20 pounds in a week. We cut maybe 6 pounds in a few weeks."

SHAKER SPORTS BOOSTER CLUB HOTLINE

216-295-7180 (Ext. 5800)

Call for **Times, Locations & Directions**
For Red Raider Athletic Events
And Remember...

STUDENT ATHLETIC PASSES ARE FOR SALE
6 Shaker Home Games for \$12

Any Sport, Any Shaker Home Site

PASSES CAN BE PURCHASED FROM:

- High School Athletic Department Office
- Entry Gate at Home Football and Basketball Games
- Shaker Sports Booster Club Presidents

Vickie Weinland (991-0754) or Gillian Graham (561-3310)



SPORTS

different **STROKES**



Exchange student rules tennis courts. **SPORTS**, page 14

Raiders trounce opponents

• Undefeated football team defies predictions

By Rich Rund
Staff reporter

The football team may be the roughest, toughest, buffest team in the school.

The Shaker Hit Squad has been layin' the smack down on all teams that dare step on the same field as the untouchable Raiders. This stellar 8-0 performance comes as no surprise to anyone... right?

To the astonishment of certain doubtful football fans, the Shaker football team is undefeated, with wins over area powers Mentor and Euclid included.

This impressive record comes despite fielding only three experienced varsity players at the season's start.

"No one outside of the team thought we could do it," said head football coach Dave Sedmak, who is in his seventh year at the helm.

The team used that widespread skepticism as motivation during the off-season and as fuel for weekly contests this fall.

The 1999 Raiders want to prove people wrong and ensure their place in the tradition of excellence established during Sedmak's tenure.

"Being the underdog makes us want to go out and prove ourselves to everyone every week," senior co-captain and starting center Adam Lazarus said. "We have a lot of pride."

So how did last year's Diamond Dogs (assistant coach Tim Fello's moniker for the rough, hard-nosed but classy 1998 squad) become over-achieving underdogs?

Without question, the team lacked experience going into the



#8 Jameson Evans darts past the Elyria defense during the Raiders' 30-14 victory. The squad's victory came on Homecoming afternoon.

season. The Raiders had only two returning offensive starters from the '98 squad, juniors Mike Moore and Jameson Evans.

The numbers were no better on defense, with Moore and senior Jhermel Goss the only returning players.

All other starters had limited varsity experience.

However, most played the majority of last year on the un-

defeated junior varsity team.

The departure of players such as lineman Adrien Clarke (300 pounds plus, now at Ohio State) also left the Raiders with less power and size but more speed.

Sedmak met the challenge by adjusting Shaker's style of play to accommodate the change.

see RAIDERS, page 15

Drastic weight loss raises health issues

• Athletes drop pounds, face fatal consequences

By Nicole Majorczyk
Sports co-editor

Many athletes are willing to pay a steep price in order to succeed in their chosen sports. When that price involves weight loss, however, some athletes pay the ultimate price.

Athletes' weight-loss techniques range from drugs to starvation to extreme exercise. Long a staple of weigh-in sports, such measures went

unnoticed for many years until three collegiate male wrestlers died last year. Each tried to drop anywhere from 10 to 20 pounds in just a few days in order to make weight.

"We have deep concern

about our athletes' weight," Athletic Director Susan Brown said. "The athletes are growing and should gain weight in a healthy way. Such dramatic weight changes can be potentially dangerous."

Certain sports require athletes to compete at a specific weight, or within a few pounds of that weight. For example, both wrestlers and martial artists are classified by their weights. Other sports such as gymnastics and figure skating don't dictate specific weights, but the nature of the activities encourages lower body weights.

When athletes find themselves overweight before a competition, they often shed weight right up to the day of the match.

University of Michigan wrestler Jefferey Reese died while riding a stationary bike. He was wearing a rubber suit. Prior to riding the bike, he had been in a sauna trying to shed pounds. He had been living on fewer than 1000 calories a day in the week leading up to his death. Reese died of heart malfunction and kidney failure.

"There is a perception in the sports world, which is not always correct, that you gain an advantage by being the big guy in a weight class," Shaker head wrestling coach Hank Kornblut said.

That perception might convince wrestlers to lose just enough weight to qualify for the class below their typical wrestling weight.

"I don't like [severe weight loss]. I don't enjoy having kids cut weight. We don't do it as much as other programs do," Kornblut said. "Kids want to do it drastically because they think it's easier."

All three late wrestlers were top competitors for their colleges and were trying to lose the last few pounds before a tournament.

"Kids want to go to a lower weight class than is healthy for them. If he does it in an undisciplined way, it weakens him substantially. Weight loss should be done properly and responsibly. If you do it over time, you get the

see WEIGHT, page 15

Volleyball sets up for postseason play

• Big regular season bumps confidence

By Jenny Heisler
Sports co-editor

In the face of even tougher competition, the Raider volleyball team topped last season's mark by five wins and fought hard against ranked opponents.

"We played Villa Angela St. Joseph (ranked 20th) and beat them," said second-year head coach Stacy Bongini, "and three of our losses have come to two tough teams."

Bongini cited the one loss to Elyria, ranked third by *The Plain Dealer*, and two losses to eighth-ranked Mentor. The Raiders compiled a 17-6 record and finished third in the league.

The improvement came during just the second year of competition in the Lake Erie League's large-school Lake Division, one that pits Shaker against many locally ranked teams.

"We've really improved," Bongini said.

Senior co-captain Tory Ribar and junior co-captain Tracy



Junior Tracy Jacobs gets low in a recent practice. The Raiders improved their record to 17-6 this season, and look on to do better in sectionals.

Jacobs have helped lead the team to success.

"We want to go further this year," Ribar said.

Other key assets to the team have been consistent juniors Ariel Heilbron, Meredith Jones and Erin Riley.

"We have many talented players that work really well together," Bongini said. "We play well when we play together."

Last year, the Raiders won

their first tournament game but then lost a close match to Bedford in the second round.

"We really should've won that game," Bongini said. "This year we should go further."

Bongini and the Raiders hope their successful regular season campaign produces wins during tournament play. They were slated to face Maple Heights Saturday, Oct. 23 in the opening sectional round.

SWEET SUCCESS

Junior Stephen Wilson looks to receive the ball in the Raiders' game against Euclid. At center midfield, Wilson has scored five goals for the Raiders. The team finished the regular season 11-3-2, not having lost in their last 12 games.

"We're playing better and better each game," senior marking back Adam Moore said.

"We're continuing to grow, and looking forward to playing our best yet. No one is injured anymore."

Moore cited the team's 3-0 defeat of Westlake a strong win, along with the team's win over Hawken. "They were undefeated until they played us," he said.



Robbie Marks/The Shakerite